

My Little Jar of Confidence



Fill your jars, boxes or little containers (once you have decorated them if you would like!) with all your confidence boosting ideas 😊 You could draw pictures or write words or sentences to describe all these special things about you.

Here are some sentence starters if you would like some to help:

- ★ My friends would say I am...
- ★ My special talent is...
- ★ I am really good at...
- ★ I am a special person because...
- ★ I am working hard to get better at...