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What does it mean to believe in yourself?

Why is it important for people to believe in themselves? Think about what can happen if you believe in yourself.

What advice does the singer give to help you believe in yourself?

Find a quote that you like about believing in yourself and then create your own.

Fill in the compliment cup to help someone in the class have more self-belief.

Choose someone you admire or someone who has had to believe in themselves to make a change. Write down all of their strengths. What would you say to them if they were doubting themselves.

Believe in YOURSELF



@TEACHERPAL

It is important to always believe in yourself. It gives you the confidence to try new things and encourages you to do your best. Speak to yourself how you would speak to your best friend.

Create a list of strengths you have. What are your interests? Are you a good listener? Are you a great friend? You can also choose some from the list.

Write a poem about the importance of believing in yourself. This could be an acrostic poem, haiku, free verse or any of the poetry types you have learned.

Create some positive affirmation cards beginning with 'I believe I _____' e.g., I believe I am kind and caring.

Set a small challenge for yourself and try to work towards achieving it. Believe in yourself! If you can't think of anything try clapping to the beat during the instrumental part of the song?

Press play, sing along and listen to the words you are singing..