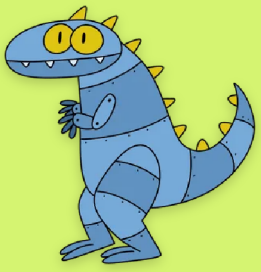
SEL · AFFIRMATIONS AND SELF-ESTEEM · GRADES 2–5

# Confidence Boosters

Match six times you might feel unsure, like a big test or a new team, to the affirmation that helps.



**Name:** _____ **Date:** _____

**Draw a line from each moment to the affirmation that would help.**

| | |
|---|---|
| before a big test | I am brave, and my ideas matter. |
| on the first day with a new team | Everyone starts as a beginner. |
| after I make a mistake | I studied, and I will do my best. |
| before I talk in front of the class | Their words do not decide who I am. |
| when someone is unkind to me | I can make new friends. |
| when I try something new | Mistakes help me learn. |

**My own confidence booster, and when I will use it:**

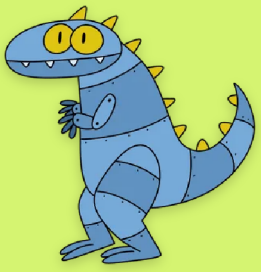


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ANSWER KEY · AFFIRMATIONS AND SELF-ESTEEM · GRADES 2–5

# Answer Key: Confidence Boosters

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



**Draw a line from each moment to the affirmation that would help.**

| | |
|---|---|
| before a big test | I studied, and I will do my best. |
| on the first day with a new team | Everyone starts as a beginner. |
| after I make a mistake | Mistakes help me learn. |
| before I talk in front of the class | I am brave, and my ideas matter. |
| when someone is unkind to me | Their words do not decide who I am. |
| when I try something new | I can make new friends. |

**My own confidence booster, and when I will use it:**



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