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

How Confident Do I Feel?

Rate how confident you feel about eight things, from reading out loud to trying a new food, then plan one small step to grow.

Name: _____ **Date:** _____



Confidence grows when we try. Nobody feels sure about everything! Color one circle to show how confident you feel about each one.

How confident do I feel?

	Not yet	A little	Pretty	Very
Reading out loud in class	○	○	○	○
Making a new friend	○	○	○	○
Trying a new sport	○	○	○	○
Asking a question	○	○	○	○
Showing my art	○	○	○	○
Solving a problem at the board	○	○	○	○
Saying “no” to a friend	○	○	○	○
Trying a new food	○	○	○	○

One thing I want to feel more confident about: _____

One small step I can take: _____

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