

CONFIDENCE FROM HEAD TO TOE



LEARN TO BE CONFIDENT IN THE
WAY YOU THINK, MOVE, AND
COMMUNICATE

Workshop Curriculum for Girls 10-17



Confidence from Head to Toe:

Learn to be Confident in the Way you Think, Move, and Communicate

This curriculum packet was designed to assist the [Utah Women & Leadership Project's](#) mission of strengthening the impact of Utah girls and women. It is available to use, free of charge, with groups of young women in various settings (e.g., churches, schools, community, nonprofit, families). It is not to be used by those intending to make a profit.

Intended Audience: Girls ages 10-17
Objective: Learn to be confident in the way you think, move, and communicate
Learning Outcomes: <ol style="list-style-type: none">1. Identify and change inner negative self-talk by utilizing the listen, challenge, and change method.2. Understand the concept of postural feedback (aka: "Power Poses" from the work of Dr. Amy Cuddy, Harvard researcher) and how body language affects confidence.3. Understand the benefits of a gratitude practice and how gratitude can affect self-esteem.
Materials Needed: <ul style="list-style-type: none">▪ Paper or notebooks/journals for each student▪ Pens and colored markers▪ Easel pad▪ Printed resources from resource list below
Section 1: <i>Get to Know Your Inner "Mean Girl": Claim Her, Name Her, And Tame Her</i> Use slides or section outline to lead students through discussion, Mean Girl Persona activity, and Listen, Challenge, and Change worksheets.
Section 2: <i>Build Confident Body Language: Power Poses</i> Use slides or section outline to lead students through video replay (found in slides) discussion, and "pose practice."
Section 3: <i>Have an Attitude of Gratitude--How Practicing Gratitude Can Boost Your Confidence</i> Use slides or section outline to lead students through discussion and Creating a Gratitude Practice worksheet.
Resources: <ul style="list-style-type: none">• Workshop section outlines• Workshop slides• Worksheets & instructions

Thanks to Wheeler Machinery Co. for their generous donation to fund this curriculum project and to Bonnie Mortensen who created the lesson plan and materials.

For questions contact uwlp@usu.edu.

Workshop Overview

Start the workshop with Slide 1 and then briefly discuss the overall content of the workshop (Slide 2). Next discuss what confidence is (Slide 3) and read the quote by Eleanor Roosevelt (Slide 4). Proceed to Section 1.

Section I

Get to Know Your Inner “Mean Girl”: Claim Her, Name Her, and Tame Her

Objective: To identify and “tame” the inner negative self-talk that prohibits girls and women from reaching their full potential. This will be done by creating a persona and using this as a tool to identify and respond to their own negative self-talk.

Time Needed: 30 - 40 minutes (all 3 sections)

Materials Needed: Accompanying worksheets 1 and 2, paper, and colored markers

Discussion Overview:

After showing and reading Slides 5 and 6, discuss the following: Every one of us has an inner Mean Girl. We all have dealt with that critical voice inside our head that can be negative and judgmental. Your inner Mean Girl’s main job is to try to hold you back and keep you small, but you are made for greater things (Slide 7)! Taming your inner Mean Girl doesn’t mean she’s going away for good, but it does allow you to be more aware of negative self-talk and teaches you how to talk to her so she has less power over your hopes and dreams.

We are going to get to know your inner Mean Girl so you can change the way you react to her, especially in challenging situations (Slide 8).

Ask the students if they have ever had an experience where they have thought:

- I shouldn’t try because I will fail
- I should be smarter
- I dream too big
- I speak too loudly and too often
- I’m too bossy
- *Share an experience or example of your own to start the conversation, if needed.*

This negative self-talk is their inner Mean Girl using fear to influence decisions and behaviors. Before we can learn how to change this messaging, we need to know who this Mean Girl is and what makes her tick. Is she a perfectionist? Does she compare herself to others constantly? Is she just repeating things she has heard from others? Is she afraid of change? OR, is she a combination of all these things?

To know her is to love her – by loving her, we change the way we react to the negative things she says.

Let’s get to know her by giving her a persona and a name. Introduce the overall framework (Slide 9).

Activity 1: Claim Her and Name Her:

- Have each student use markers and their large piece of paper to make a detailed list to describe their inner Mean Girl and give her a name. They can draw a picture of her if they prefer (*give them about 10 minutes*). The goal is for them to create a detailed

persona so they can visualize an actual person when they are countering their negative self-talk.

- If they need help with their list, give them prompts like:
 - What expression is on her face?
 - What does her voice sound like?
 - How does she dress?
 - When do you notice her the most?
 - What color is her hair?
 - Does she seem scared, angry, sad, or anxious?
- After they have completed their list/picture, move on to Activity 2.

Activity 2: Tame Her:

Now that we know who keeps speaking so negatively to us, let's start taking control of the conversation.

- Have each student complete worksheet 1, "Listen, Challenge, and Change What My Inner Mean Girl Says" (Slides 10 & 11). This teaches the "listen, challenge, change" method of flipping negative self-talk to positive self-talk.
- After they have completed worksheet 1, move on to Activity 3.

Activity 3: Listen, Challenge, Change:

Let's practice using "listen, challenge, change" with our own inner Mean Girl in a real time situation (Slide 12). Let's pretend you are interested in running for student body president. You are required to turn in a short, one-paragraph essay that explains why you would be a great candidate. It needs to be turned in before the end of the day, but you have been procrastinating because your inner Mean Girl has been saying some pretty negative things to you that have kept you from submitting your essay. Things like: "You shouldn't even try because you aren't popular enough," "You aren't a great writer so they will probably reject your essay anyway," and "You don't deserve to win."

- Now have the students complete worksheet 2. Ask a few girls to read their "chats" or have them discuss in smaller groups.

Section 2

Build Confident Body Language: Power Poses

Objective: To teach the concept of postural feedback (aka: “Power Poses” from the work of Dr. Amy Cuddy, Harvard researcher). By adopting an expansive posture, people feel more powerful in situations where they may usually feel less confident.

Time Needed: 10-15 minutes

Materials Needed: None

Discussion Overview:

- Did you know your body language is linked to how empowered you feel (Slide 14)?
- Review Slides 15-18.
- [Watch this 3-minute portion of Dr. Amy Cuddy's TEDTalk](#) (Slide 19).

Activity 4: Power Poses:

- As the students are sitting, ask them to evaluate their current posture (Slide 20).
- What do they notice about their natural way to sit or carry themselves?
 - Do they “scrunch” themselves up and make themselves small?
 - Do they “take up space” where they are sitting?
 - Do they notice a difference in between how their male peers sit and stand versus how their female peers sit and stand?
- Invite them to stand and mimic a high-power pose.
 - Ask how they feel.
 - Ask them to name a situation when they could use this technique to give their confidence a boost.
- When they sit back down, ask them to continue to monitor their posture for the remainder of your time together.

Handout ideas to reinforce this concept:

- Powerade drinks and No Bake Monster Cookie Oatmeal Power Balls (recipe below)
- Wonder Woman themed items
- Elastigirl or Mrs. Incredible themed items

Additional Resources:

[Mensa For Kids: TED Connection - Body Language](#)

RECIPE: No Bake Monster Cookie Oatmeal Power Balls

- Information: This recipe takes 5 minutes to prepare and should be put in the refrigerator for one hour (makes about 24 Servings)
- Ingredients: 3 Cups Quick Oats, 1 Cup Peanut Butter (smooth or chunky – your choice), 1/2 Cup Honey, 1 tsp. of Vanilla, 1/3 - 1/2 Cup Mini M&M's Candy
- Instructions: In a small mixing bowl, combine all ingredients and mix well. Roll into balls and set on a baking sheet (use a silicone baking mat or wax paper to keep them from sticking). Refrigerate for about an hour. Store in airtight container.

Section 3

Have an Attitude of Gratitude: How Practicing Gratitude Can Boost Your Confidence

Objective: Learn the benefits of a gratitude practice and how gratitude can affect self-esteem.

Time Needed: 20 - 30 minutes

Materials Needed: Worksheet 3 and pens or pencils

Discussion:

When we practice gratitude, we focus on what we have, rather than what we don't have (Slides 21 & 22). Gratitude helps us notice what is positive in our lives, which increases the happiness we experience in life.

There are physical, psychological, and social benefits to having a gratitude practice (Slide 23). Each of the benefits listed below helps to boost self-esteem and confidence.

Physical Benefits:

- Stronger immune systems
- More energy
- Better sleep

Psychological benefits:

- Better able to manage stress and reduce anxiety
- A greater sense of self worth
- More optimism and happiness

Social benefits:

- Stronger friendships
- More forgiving, generous, and compassionate
- More outgoing

Activity 5: Have students complete the "Creating a Gratitude Practice" worksheet 3 (Slide 24).

Discussion:

Discuss ways to cultivate a gratitude practice (Slide 25):

- *Keep a daily gratitude journal.* Make it a habit to write down 3 things you are thankful for.
- *Express appreciation.* Tell a family member or friend something you appreciate about them.
- *Acknowledge yourself.* Look in the mirror and think about something you have done well recently or something you like about yourself.
- *Write a thank-you note.* Let someone know how much you enjoy and appreciate their generosity, gift or impact on your life.

Workshop Conclusion

- Review what was covered (Slide 26).
- Share your own words of wisdom.
- Conclude with final quote from Sheri Dew (Slide 28).
- Acknowledge source of curriculum (Slide 29).



APPENDICES

WORKSHEETS & SLIDES

Listen, Challenge, and Change What My Inner Mean Girl Says

Worksheet 1

Self-talk is a huge part of our self-esteem and confidence. By learning to replace negative self-talk with more positive self-talk, you're more likely to feel in control of things going on in your life and more likely to achieve your goals.

1. Listen

Notice what she is saying.

Each day make notes on what you're thinking. Is there a pattern?

2. Challenge

Ask yourself questions like:

Is there actual evidence for what I am thinking?

What would I say if a friend were in a similar situation?

Can I do anything to change what I'm feeling bad about?

3. Change

Instead of saying: 'I'll never be able to do this,' try asking:

'Is there anything I can do that will help me do this?'

Negatives (Mean Girl Talk)	Practice Changing Negative to Positive
<i>Example: I can't...</i>	<i>I <u>can</u> reach my goal because I have created a plan.</i>
I can't...	
I won't...	
I am not confident...	
I am unsure...	
I don't like my...	
I don't deserve success...	

How To Use Listen, Challenge, and Change To "Have A Chat" With Your Inner Mean Girl Worksheet 2

You did great learning how to listen, challenge, and change negative self-talk to positive self-talk! Now let's use this method to have a real heart-to-heart with your inner Mean Girl.

You can use a similar outline anytime to chat with your inner Mean Girl. The more you speak up for yourself to her, the more empowered you will feel.

Fill in the blanks with your own answers.

Oh, hi _____ (INNER MEAN GIRL'S NAME)!

Listen

Wow, it's so interesting that you are being so negative right now. I can see that you are really _____
(WRITE AN EMOTION HERE) about me wanting to run for student body president. You must be so _____ (WRITE AN EMOTION HERE) about the possibility that

Challenge

(WRITE THE WORST CASE SCENARIO HERE). I want you to know that I hear what you are saying, but I know I can make a difference for other students because I am _____,
_____, and _____ (WRITE

Change

3 OF YOUR FAVORITE QUALITIES ABOUT YOURSELF). Even if _____
(WRITE THE WORST CASE SCENARIO HERE), I will be proud of myself for trying! I may even inspire others to try something new, too.
Thank you for being concerned, but I can take it from here.

Creating a Gratitude Practice

Worksheet 3

Starting a gratitude practice is easy! Try this sample practice or create one of your own.

Write 5 things you are grateful for:

These don't have to be big things. You can be grateful for pizza, for a dumb joke, or for remembering to make your bed!

- 1.
- 2.
- 3.
- 4.
- 5.

What am I learning from my challenges?

Think of a challenging situation and write down one good thing that is coming from this challenge.

List 5 people you are grateful for:

This could be friends, family, teachers, or even strangers!

- 1.
- 2.
- 3.
- 4.
- 5.

What is the best part of your day?

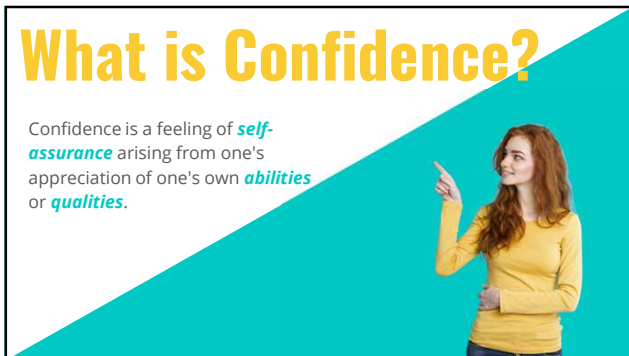
Choose one moment today that made you happy.



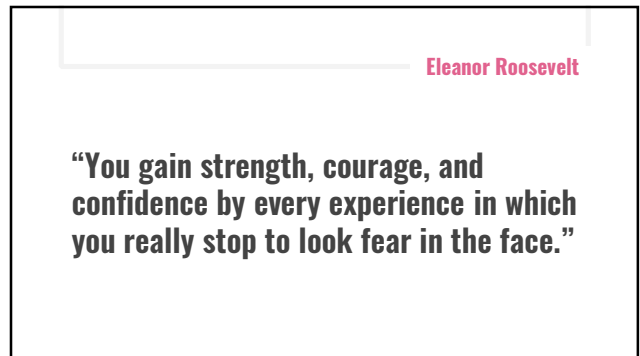
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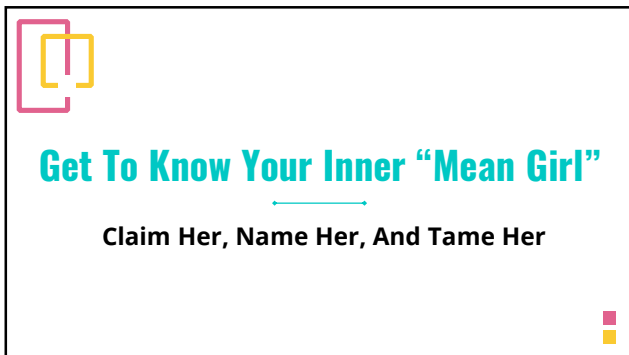
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5




6



Your inner Mean Girl's main job is to try to hold you back and keep you small....

You are made for greater things!

"Taming" your inner Mean Girl doesn't mean she's going away for good, but it does allow you to **be more aware** of negative self-talk and **teaches you how to talk to her** so she has less power over your hopes and dreams.




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We are going to get to know your inner Mean Girl so you can change the way you react to her, especially in **challenging situations.**

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Name Her, Claim Her, and Tame Her Activity

NAME HER	CLAIM HER	TAME HER
What is her name? Choose a fictional character, a villain in a superhero movie, or just whatever pops into your head.	<ul style="list-style-type: none">What expression is on her face?What does her voice sound like?How does she dress?When do you notice her the most?What color is her hair?	Now that we know who keeps speaking so negatively to us, let's start taking control of the conversation.



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Listen, Challenge, and Change

No More Negative Self Talk

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Listen, Challenge, Change Worksheet

LISTEN	CHALLENGE	CHANGE
Notice what your inner mean girl is saying. Just observe. Each day make notes on what you're thinking. Is there a pattern?	Ask yourself questions like: <ul style="list-style-type: none">Is there actual evidence for what I am thinking?"What would I say if a friend were in a similar situation?""Can I do anything to change what I'm feeling bad about?"	Instead of saying: "I'll never be able to do this ," try asking: "Is there anything I can do that will help me do this?"



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Let's practice using "listen, challenge, change" with our own inner Mean Girl in a real time situation.

Pretend you are interested in running for **student body president**. You are required to turn in a short, **one-paragraph** essay that explains why you would be a great candidate. It needs to be turned in before the end of the day, but you have been procrastinating because your inner Mean Girl has been saying some pretty negative things to you to keep you from submitting your essay. Things like: "**You shouldn't even try because you aren't popular enough.**" "**You aren't a great writer so they will probably reject your essay anyway.**" "**You don't deserve to win.**"

Complete Side 2 of your Listen, Challenge, and Change worksheet.

12



Build Confident Body Language

← →

Power Poses




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Did you know your body language is linked to how empowered you feel?



14




Here are three poses that will make you look (and feel) more confident right now.



15


The "Wonder Woman"



The power pose that makes you feel like you can take over (or save) the world.

16

The Deal-Closer

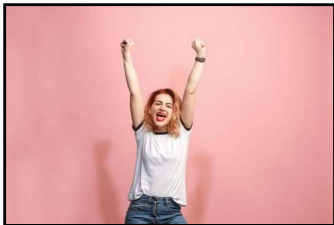


You're not bossy, you're the boss.

By opening up your body, leaning slightly back and resting your arm on your chair or desk, you're asserting yourself. You are making it clear that you deserve to take up the space you're taking up.

17

The Happy Winner



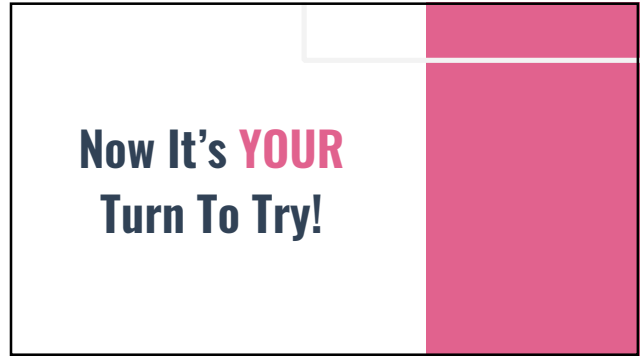
Pretend you've just won a gold medal!

Stretching your arms in an upward "V" over your head is an innate position of victory. Since this one is a little less subtle than putting your hands on your hips, maybe don't do it in the middle of a class. ☺

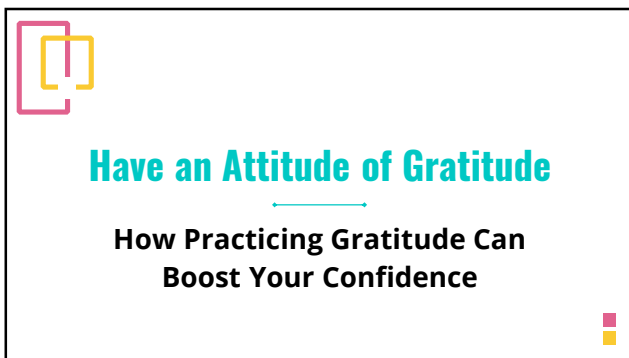
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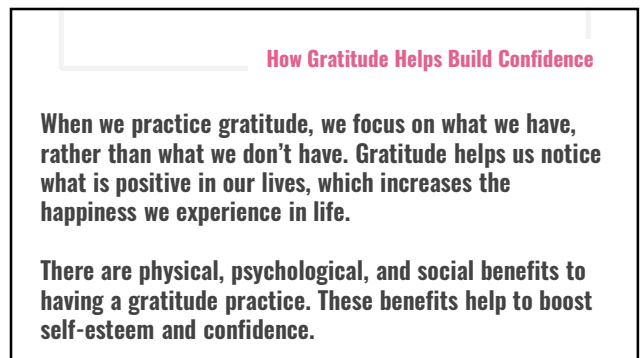
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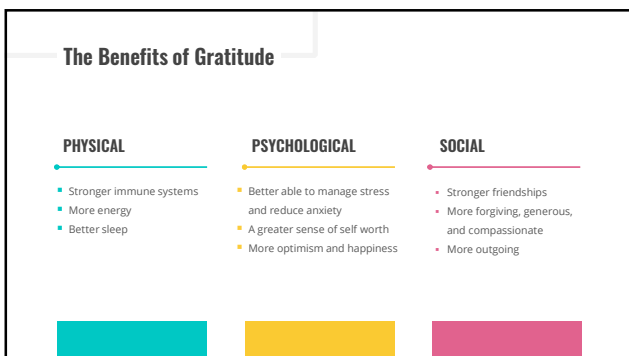
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23



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Ways To Cultivate a Gratitude Practice

- Keep a daily gratitude journal.**
 - Make it a habit to write down 3 things you are thankful for.
- Express appreciation.**
 - Tell a family member or friend something you appreciate about **them**.
- Acknowledge yourself.**
 - Look in the mirror and think about something you have done well recently or something you like about yourself.
- Write a thank-you note.**
 - Let someone know how much you enjoy and appreciate their generosity, gift or impact on your life.

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Let's Review What We've Learned

- YOUR INNER MEAN GIRL**
You know how to tame the negative self talk effectively!
- CONFIDENT BODY LANGUAGE**
You can power pose with the best of them!
- GRATITUDE PRACTICE**
You are able to focus on the good things in your life!

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— Sheri L. Dew

“Noble and great. Courageous and determined. Faithful and fearless. That is who you are and who you have always been. And understanding it can change your life, because this knowledge carries a confidence that cannot be duplicated any other way.”

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This resource was created by the

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