

Confidence Club 2.0 Mentorship Program

Mentors: BT Ladies + Junior Confidence Club Girls

Mentees: Mini Confidence Club Girls

Self Love

BEFORE THE LESSON	
Mentors should...	<ul style="list-style-type: none"> Review the lesson plan Review the attached youtube video before the meeting
LESSON	
Materials	<p>The mentor will need...</p> <ul style="list-style-type: none"> Notebook to take notes on what is discussed, questions, feedback, etc... <p>The girls will need...</p> <ul style="list-style-type: none"> Paper - for the older girls; sticky notes may be preferred Writing/drawing supplies <p>Optional Materials for Mentors:</p> <ul style="list-style-type: none"> The Reflection in Me Sesame Street - Confidence stop at 3:30 Self Love for Kids Playlist on Spotify
	<p>Introductions</p> <ul style="list-style-type: none"> Name Icebreaker: What are 2 things you love about yourself?
	<p><u>Activity 1: What is Self Love?</u></p> <ul style="list-style-type: none"> Ask: Can anyone tell the group what the definition of self love is? Ask: Do we know the difference between self love and confidence? <ul style="list-style-type: none"> <i>Self-confidence is feeling okay about yourself in the face of success and struggle.</i> <i>Baldtourage Definition: loving myself and showing it to the world. Self love is seeing all of yourself and accepting yourself exactly as you are.</i> Say: Before we can build our confidence, we must first work on self love. Optional: Show The Reflection in Me story. Say: During our introductions, you were asked to share two things you love about yourself. We are going to see how many more things we love about ourselves. I'm going to set a timer for 60 seconds/1 minute, and you will need to write

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down as many things as you can that you love about yourself.

- **Do:** Set a 1 minute timer for the group to make their list.
- **Say:** Now that we have made our lists, I would like to ask for some volunteers to share how many things total they wrote down and their top 3.
- **Do:** Allow those who want to share to do so. This may be a sensitive topic for some and they may not feel comfortable sharing.
- **Say:** Now that we have taken time to write the things we love about ourselves, we are going to have another 60 seconds/1 minute to make another list. This time, on a brand new sheet of paper, I want you to make a list of the things you want to work on within yourself, if you have any.
- *For example:* I want to be nicer to my brother, I don't want to cry at school, I want to help my mom with groceries, etc.
- **Do:** Set a 1 minute timer for the group to make their list.
- **Mentors:** Relate to them. Let them know you also have things you want to work on within yourself.
- **Do:** Allow those who want to share to do so and suggest ideas on how to get better at these things.
- **Ask:** Why is it so important to love ourselves? How can we show ourselves love? List some examples.
- **Say:** In order to love others, you have to love yourself first.

MIRROR ACTIVITY:

Look in the mirror and read your list of things you love about yourself to yourself in the mirror

VIDEO:

- Play [The Reflection in Me](#) video.
- **Ask:** Who is the little girl talking to in the mirror? What are some of the things she says she likes about herself?
- **Ask:** What are some things that you can say to yourself in the mirror that you like?
- **Do:** Allow those that want to and that can answer the questions.
- **Say:** Now we are going to watch a video about confidence with some characters you may recognize.
- **Do:** Play the [Sesame Street - Confidence](#) video (**stop at 3:30**)
- **Ask:** What is confidence? How do we get confidence? What are some things you are confident about?
- **Do:** Allow those that want to and that can answer the questions.

Activity 3: Letter to Self

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	<ul style="list-style-type: none">● Say: One of the ways you can show yourself love is with writing. We are going to write our future selves a love letter. This letter should include all of the things that are on your list of what you love about yourself.● Optional: Self Love for Kids Playlist<ul style="list-style-type: none">○ Play the playlist in the background as they work. Allow the girls to sing along or dance if they want to. The little girls may enjoy dancing more than the drawing activity.● Say: Now that you have finished your letters, we are going to put those away and pull them out when we are feeling down and need something to help us feel better.● Do: The letters may be kept private or if there are girls who want to share them, give them the space to do so.
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