

# YOU'RE A SUPERHERO!

**Build your confidence superpowers and share them with others.**

## What you'll get out of it:

- Understand what confidence is
- Explore ways to develop confidence

## What you'll need:

- Wool or string
- 5 gift tags each (or make your own)
- Pens
- Colouring pencils

**Being confident doesn't mean talking the most or the loudest.  
It's about believing in yourself and feeling good about who you are.**

## What to do:

1. Think about what makes you feel confident and chat to someone else about it if you can. What could you do to make yourself feel more confident?

You're going to think about a time when you've done all of these things and use it to build your own confidence superhero belt:

- Doing something that you thought was really hard
- Focusing on what you like about yourself
- Spending time with your friends
- Laughing

You're going to think about when you've done all of these things and use it to build your own confidence superhero belt.

2. Grab 4 gift tags (or make your own). On each of the gift tags draw or write 1 of the things below:

- Something you thought was really hard to do, but you did it, for example, swimming a length in the pool
- What you like most about yourself

- Your favourite thing you've done with your friends
- Something that makes you laugh, this could be a funny film you saw or your favourite joke

Make sure you have something different on each gift tag.

3. Now, cut up a length of the wool or string big enough to fit around your waist. This is your confidence superhero tool belt. Thread your gift tags onto the string. These are your confidence building tags that are powering up your tool belt. Add a final blank gift tag. Your tool belt is now fully charged.

4. Attach your tool belt around your waist to become a confident superhero. Show someone else your confidence building tools.

5. Chat about something you now have the confidence to do. For example, standing up for others or putting your hand up in class. Then do it! Afterwards, write this on the blank gift tag on your belt to make your belt even more powerful.

6. Zoom around and spread that confidence!

If you want to learn more about becoming a member please visit: [girlguidingscotland.org.uk](https://girlguidingscotland.org.uk)

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Thank you to our friends at Girlguiding Scotland for providing this activity which is part of the Girlguiding programme, delivered to around 40,000 girls aged 4-18 every week across Scotland.