

# Confidence Hearts

# GRATITUDE

To guide students in identifying something they feel confident or proud about and expressing it visually on a special "Confidence Heart" to take home. Inspired by Jupiter's life skill of confidence, this activity reminds children that self-belief is something to be celebrated and shared.



## Learning Intentions

**I can think about something I'm proud of in myself:**

This supports emotional awareness and self-esteem.

**I can show my proud feelings through drawing or writing:**

This encourages reflective thinking and expressive language.

**I can share my confidence with others in a respectful and meaningful way:**

This fosters gratitude, positive identity, and connection to family.



## Success Criteria

**I can choose something I'm proud of, like a skill, feeling, or action:**

This builds self-recognition and personal pride.

**I can draw or write my proud moment on a heart-shaped card:**

This supports creativity and visual storytelling.

**I can take it home to show and share with someone special:**

This extends classroom learning into family connection.



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## Objective:

To guide students in identifying something they feel confident or proud about and expressing it visually on a special “Confidence Heart” to take home. Inspired by Jupiter’s life skill of confidence, this activity reminds children that self-belief is something to be celebrated and shared.

## Players:

Ideal for 4–26 students, working individually with optional sharing.

## Materials:

- Pre-cut heart-shaped cards or plain paper with a heart shape drawn within it.
- Coloured Pencils
- Optional: glitter, stickers, ribbons for decoration
- Envelopes or folders for taking home

## Time Required:

10–15 minutes

## Setup:

Begin the session by reading or revisiting the Jupiter page from *The Playful Astronauts*. Remind students how confidence helps the astronauts shine brightly with their beaming torchlight.

Ask students to think quietly:

- “What is something you did this week that made you feel proud?”
- “What are you really good at?”
- “What makes you feel like a superstar?”

## Gameplay:

### Step 1 – Create the Confidence Heart:

Give each student a heart-shaped card. Invite them to either:

- **Draw a picture** of what they’re proud of
- **Write** (with support) a few words or a sentence
  - e.g. “I was brave when I tried the obstacle course.”
  - “I’m good at helping my friends.”
  - “I’m proud of myself for learning a new skill.”

Encourage decoration with colours, patterns, or symbols that feel special to each student.



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## Step 2 – Share and Celebrate (Optional):

Students may choose to share their Confidence Heart with a peer or the whole class, saying:

- “I’m proud of...”
- “This shows my confidence because...”

## Step 3 – Take it Home:

Each heart can be placed in an envelope or “Confidence Folder” to take home and show a family member, creating a meaningful link between school learning and home support.

## Winning the Game:

There is no winner. The aim is for every student to walk away with a keepsake of their strength and to feel proud of who they are, just as Jupiter teaches the power of believing in yourself.

## Variation:

In class, a “Wall of Confidence” can display each heart with permission, forming a positive visual celebration of growth.

## Additional Notes:

“Confidence Hearts” gives students the time and space to reflect on their inner achievements and appreciate their own journey. Just like the beaming torchlight on Jupiter, this activity reinforces the idea that even small moments of bravery and pride are worth celebrating and that confidence shared can inspire others.

