

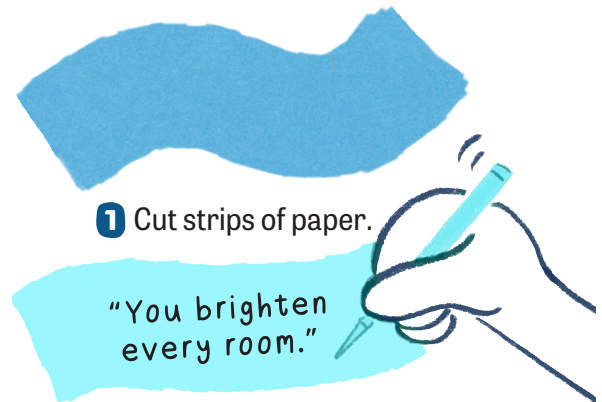
SHAKE IT UP!

Using a confidence jar is a fun, easy way to try new things and think positively. You can make one for yourself and one for someone you care about.

KEEP GOING!

Try adding new positive notes whenever something good happens. Read one anytime you need a confidence boost or encouragement.

TRY THESE, OR COME UP WITH OTHERS!



- 2 On each strip, write a new thing to try or something positive you can say to yourself.



- 3 Put the strips in a jar.
- 4 Each morning (or whenever you'd like), shake the jar, and pull out a strip of paper. By the end of the day, try that new thing or repeat the encouraging words!

TALK ABOUT IT: Which new thing did you find the hardest? Which was the easiest? Which message made you feel the most confident?

TALK ABOUT IT!
Take your brain on a hike.



Name three things you're glad you did today.



What are some things you've gotten better at with practice?

What would your confidence **SUPERPOWER** be called? When would you use it?

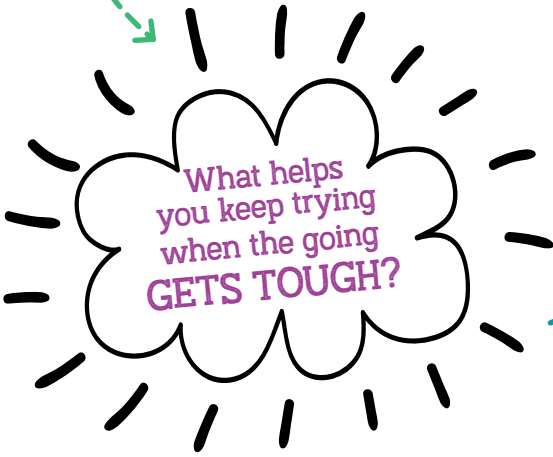


HOW DOES YOUR FAMILY ACT LIKE A TEAM?

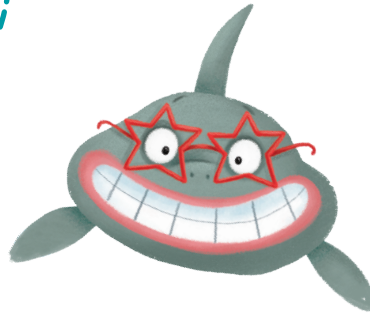
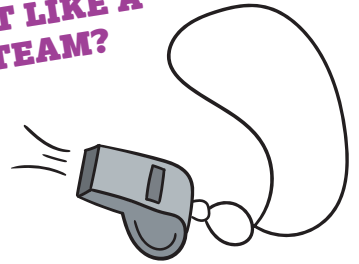
If you could get **ONE TRAIT** from each of your three favorite people, what would they be?



What helps you keep trying when the going **GETS TOUGH?**



How does it feel to get a compliment? How does it feel to give one?



DESCRIBE THE HARDEST THING YOU'VE DONE THIS WEEK.



How does it feel to reach a goal?



What award would you want to earn? Why?



Name a time when you turned something **CHALLENGING** into something **FUN**.



THE END



What are some things people do with their hands when they feel confused? Brave? Nervous? Excited?



Playing Confidently

Can you find these hidden objects?

TRY A NEW PERSPECTIVE!
If you get stuck, try turning the picture or looking at it in a new way. A different angle might help a tricky object pop into view!



Find the answers at HighlightsKids.com/MetLifeHP



banana



sailboat



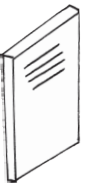
ice-cream cone



artist's brush



lollipop



book



needle



rabbit

TALK ABOUT IT: When you're playing a sport or game, what do you tell yourself to have the confidence to keep playing?



pitcher



ring



cotton swab



slice of pizza



leaf



heart



broccoli

Your Dream Team

Imagine that you started your own soccer team. What would the team's name be? What would your uniforms look like? Kick around some ideas, then draw them here.

DON'T WAIT FOR PERFECT!
Jump in and see where your ideas take you. Your first idea is enough to get started. You can always tweak your design later.



YOUR TEAM NAME



TALK ABOUT IT: How can believing in your ideas help you turn a simple thought into something totally new and creative—even if it feels a little hard at first?



Highlights MetLife

Brighten-the-World BINGO



Cross off a square when you do the activity written on it. Try to get five squares across, down, or diagonally over the course of a week. You can also challenge your family and friends to do the same.

<p>Write down a few of the nice things that happened today.</p>	<p> Put on some music and sing, dance, or make art.</p>	<p>Let someone else have the first turn.</p>	<p>Surprise your family by making a favorite snack.</p> <p></p>	<p>Take only the number of napkins you need.</p>
<p>Do a chore without being asked.</p> <p></p>	<p>Write a thank-you poem for a teacher.</p>	<p> Donate outgrown toys and clothes.</p>	<p>Give yourself a compliment.</p>	<p>Learn something new about a country you've never visited.</p> <p></p>
<p>If a friend seems sad, offer to listen.</p>	<p>Play a game that a younger kid wants to play.</p> <p></p>	<p>Hold the door for someone.</p>	<p> When you can, walk instead of getting a ride.</p>	<p>Write cheerful messages and put them on your window.</p>
<p>Spend time with a pet.</p> <p></p>	<p>When your opponent wins, say, "Good game!"</p>	<p> Make colorful cards for nursing-home residents.</p>	<p>For a full night's rest, set a lights-out alarm.</p>	<p>With a parent's OK, join a community cleanup day.</p> <p></p>
<p>Invite someone sitting alone to join you.</p>	<p>Did someone misplace something? Join the search!</p> <p></p>	<p>Smile at yourself in the mirror.</p>	<p>Teach a friend something you're great at doing.</p> <p></p>	<p>Turn off the screens and play outside!</p>

TALK ABOUT IT: Why do you think it's just as important to be kind to yourself as it is to be kind to others?