

Today's Small Step Toward Confidence

- ☐ I smiled at someone new today
- ☐ I said 'hello' to a neighbor or classmate
- ☐ I answered a question in class
- ☐ I tried a new activity
- ☐ I joined a group game or activity
- ☐ I talked about my favorite hobby with someone
- ☐ I asked for help when I needed it
- ☐ I stayed calm even when I felt shy

"Every brave step you take makes you stronger! Keep shining!"