



# Healthy Habit: CONFIDENCE

**CONFIDENCE** – belief in oneself and one’s abilities

## LEARNING OBJECTIVES

Students will learn that having confidence will positively impact one’s success.

## MATERIALS

- Smiley face stickers or Smiley face stamps
- *Secret Shamrock* stationary

## FITNESS EXPERIENCE

### **INTRODUCTION**

Ask students why being confident is important and how confidence can help them achieve their fitness goals. Ask them what they feel are important tips to having confidence in oneself.

Some tips for confidence include:

- *Take pride in accomplishments and efforts*
- *Take responsibility*
- *Be positive*

Further inquire whether students feel nervous about training for or running in the Operation Smile Final Mile. If they express concerns, brainstorm ways students can gain confidence that they will succeed (for example: Join the school’s running club or find friends with whom to train).

### **ACTIVITY**

1. Remind students how children with cleft lips and cleft palates often lack confidence because they get shunned by others. Ask how it would make them feel if almost everyone they encountered shunned them.



2. Ask students, *if you met someone with a cleft, what would you tell them so they could gain more confidence?*
3. Explain that students will play a game of “confidence” tag because it is important that peers support one another by giving each other confidence. Tell students they should play tag by the regular rules, except in order to “unfreeze” someone, you must give them a meaningful compliment to boost their confidence. Explain to students the definition of a *meaningful compliment*.
4. Allow students to play “confidence” tag.
5. Give each child a smiley face sticker. Tell students to put the sticker on the person’s shirt who gave them the most meaningful compliment. Explain this signifies how that person does a great job building confidence in peers. Then explain how by helping Operation Smile provide surgeries to children with cleft lips and palates, they are giving patients confidence and hope through the gift of a smile.

## EVALUATION

1. Determine whether students gained more confidence by having each person share something positive they learned about themselves.

## EXTENSION

1. Challenge students to write at least one *Secret Shamrock*, anonymous letter to someone in their school that will help them build confidence. *Tip: Give students the attached stationary to use when composing their Secret Shamrock letter. Have a teacher or parent volunteer deliver the letters on a specific date.*

Operation  Smile

# Final Mile



Date: \_\_\_\_\_

Dear \_\_\_\_\_,

Sincerely,  
Your Secret Shamrock