

ACTIVITY 1

I CAN SHINE



SKILL/S COVERED: Self-confidence
APPROXIMATE TIME NEEDED: 50 minutes
AGE GROUP: 8-12 years old

BRIEF INTRODUCTION

This activity is designed to build students' self-confidence through the art of public speaking. Each student will prepare and deliver a short speech that highlights their strengths, achievements, and aspirations. The goal is to foster a positive self-image and reinforce their belief in their abilities.

AUTHOR OF THE TOOL/EXERCISE WITH REFERENCING LINK:

Original activity created by Deses3.

GOAL:

To enhance students' self-confidence by allowing them to recognize and articulate their achievements and strengths in a supportive environment.

NUMBER OF PARTICIPANTS:

Suitable for the whole class; students present individually to the group.



Co-funded by
the European Union

TEACHER'S GUIDE

NECESSARY MATERIALS

- Timer or stopwatch
- Notecards or paper for drafting speeches
- A microphone or speaker system (optional, for larger groups)



DETAILED DESCRIPTION

INSTRUCTIONS

Begin by explaining the importance of self-confidence and how it can be enhanced by acknowledging our successes and strengths.

Give each student notecards or paper to draft a brief (2-3 minute) speech about their achievements, strengths, and future goals.

Allow about 20 minutes for preparation, encouraging students to think about moments they felt proud of, skills they have mastered, or challenges they have overcome.

Once preparation is complete, create a supportive and attentive environment in the classroom for the speeches. You may decorate the speaking area to make it feel special.

Students take turns delivering their speeches. Encourage applause after each presentation to celebrate each student's contribution.

Use a timer to ensure each student has enough time but keeps to the schedule.

DEBRIEFING QUESTIONS:

1. How did it feel to share your achievements and strengths with the class?
2. What did you learn about your classmates during their speeches?
3. How can recognizing your strengths help you in your everyday life and future endeavours?
4. What can you do to continue building your self-confidence?



OTHER USEFUL INFORMATION:

1. To reduce anxiety, you might allow students to present in smaller groups rather than to the entire class.
2. Consider incorporating visual aids or props in future iterations to enhance the speaking experience and support students' expressions.
3. This activity can be repeated at intervals throughout the school year, allowing students to update their speeches as they develop new skills and achieve new goals.

