

Little Dragon's Star Award



# Being Confident!

Confidence is VERY important! If a person is confident they can do anything! Being confident means doing and saying things that are a little bit scary even though you may not want to! And once your confidence has grown, these things will no longer be scary!

Name a time when you have been confident?

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Who do you know who is really confident?

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Has taekwondo helped your confidence?

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Name.....
Date.....
Parent Signature .....
Teacher signature.....

Task - Ask a classmate you don't know very well if they want to join in a game at lunchtime.

**GREAT WORK**