

Name _____

Boosting Your Confidence: Tips for Feeling Better About Yourself

Open-Ended Response Answer Key

1. Possible answer: "I once finished reading a big book, and I felt really proud because it was a long one. It made me feel like I can do hard things."
2. Possible answer: "Supportive friends can encourage and believe in you, which can make me feel like I'm a valuable and capable person."
3. Possible answer: "Being kind to myself and using positive self-talk can help me feel better about who I am and what I can do. It's like being my own cheerleader."
4. Possible answer: "I love going for walks in the park because it clears my mind and makes me feel relaxed and happy. It helps me feel more confident because I'm taking care of myself."

