

SELF-CONFIDENCE HOTLINE



Learning Objectives:

The Aaron Judge ALL RISE Foundation believes that confident people do better in school, have more control over their lives, and enjoy life more.

At the end of this lesson, students will be able to:

- Identify ways to improve self-confidence
- Demonstrate the ability to practice health-enhancing behaviors

Lesson Plan:

1. Show your students examples of advice columns from the Internet, magazines, or newspapers.
 - a. For example, when asked what advice he would give St. Louis Cardinals player Jordan Walker, Aaron said, “Focus on having a good swing, making good contact, and let your body and your mechanics do the rest.”
2. Pass out the “Self-Confidence Hotline” handout.
3. Tell your students they are now volunteers at the ALL RISE Self-Confidence Hotline. They will work in small groups to give advice to some callers in hopes of boosting their self-confidence and self-esteem.
4. Ask for volunteers to share their responses with the class.
5. Students will reflect on the lesson independently by answering the following debrief questions.

Lesson Debrief Questions:

1. What impact can low self-confidence have on a person’s daily life?
2. How can family, friends, classmates, and teachers influence a person’s self-esteem?
3. True or false: Lifting others up can help lift your own confidence.

Call 1:

"No matter what I do, I don't look like the girls on social media. They all seem super fit and confident. I'm kind of skinny, I have acne, and I don't have the latest clothes or cool hairstyle. I try not to care, but it's hard when everyone else looks perfect on Instagram or Snapchat. How can I stop comparing myself and feel good in my own skin?"

-Insecure Insta

Dear Insecure Insta,

Dear Bad at Baseball,

Call 2:

"I tried out for the baseball team for the past 2 years and was cut both times. All my friends are on the team. I used to think I was good at baseball, but I guess I really stink. Maybe I should just forget about sports."

-Bad at Baseball

Call 3:

"Ever since my cousin moved away, I've been eating lunch alone. We used to do everything together at school, and now I just feel invisible. No one talks to me, and I don't know how to make new friends. I dread going to school every day, but my parents force me to go."

-Loner At Lunch

Dear Loner at Lunch,

