

BUILD CONFIDENCE

Raise your hand to answer a question

Materials: Worksheets

Directions: Read the worksheet, complete the activity and discuss with the Group.

When we answer questions, we show we are paying attention and are interested in learning.

How many of you raise your hand in class to answer a question? Who feels comfortable raising their hand? What happens when you feel uncomfortable raising your hand?

Listen as we read a short story.

The teacher asks students to answer a question by raising their hand. Jack knows the answer, but he just can't get his hand to go up. Jack is afraid. He does not feel confident about raising his hand.

What can Jack do to feel more confident? What can you do to feel more confident?

You can start by making sure to listen carefully in class and take notes. Then, when it's time to answer a question, relax, take a deep breath, raise your hand and share your answer.

When you get the answer right, you show you've paid attention and understand the information. When you get the answer only partly right, you've still done a good job and the teacher may provide more information. When you get the answer wrong, the teacher may realize you need more explanation.

The important thing is to try to answer the question and build up your confidence. What is confidence? It's feeling good about yourself and trusting your ability to do well.



LET'S PRACTICE

As each question is read, raise your hand to answer. Everyone will have an opportunity to answer.

What do you like to do when you're not in school?

Why is it important to share with new students?

What is your favorite hobby?

What is the weather like today?

What is your favorite school subject?

What did you have for dinner last night?

Continue to practice raising your hand in class to answer a question. The more you do it, the easier it becomes and the more confident you will feel!

