SESSION PLAN

Youth Group: Ages 10 to 16

Topic: I Am Enough: Building Confidence & Self-Worth

Learning objective:

- Help young people understand what self-worth and confidence mean
- Identify where confidence comes from and how it grows
- Recognise the power of positive self-talk
- Celebrate strengths, uniqueness, and personal achievements

Materials Needed:

- Confidence check-in scale (visual or verbal)
- "My Superpowers" worksheet or blank paper
- Pens or markers
- Optional: Mirror cards with positive affirmations

Icebreaker – "Confidence Check-In" (3 minutes)

Ask:

- "How confident do you feel today?"
- Use thumbs up / sideways / down or a 1-10 scale.

Then ask:

- "What does confidence look like?"
- "Can someone be quiet and confident at the same time?"
- "Have you ever felt proud of something, even if no one else saw it?"

This breaks the myth that confidence = loud, and opens a gentle, honest space.

What Is Self-Worth? (3 minutes)

Explain:
Self-worth means believing you have value just for being you - not because of what you do, what you wear, or how many followers you have.

Confidence grows when you:

- Try new things
- Learn from mistakes
- Speak kindly to yourself
- Surround yourself with people who lift you up

Mirror Talk – Challenging Negative Thoughts (4 minutes)

Talk about the inner critic – that voice that says:

- "I'm not good enough."
- "I always mess up."
- "They're better than me."

Then flip it to positive self-talk:

- "I'm learning."
- "I am kind, and that matters."
- "I bring something no one else can."

Mini activity: Ask everyone to write or share ONE kind thing they can say to themselves today.

My Superpowers (6 minutes)

Hand out a worksheet or blank paper.

Prompt them to write or draw:

- 3 things they're proud of
- 2 things they're good at
- 1 thing that makes them unique
- (Encourage: "It doesn't have to be big. Are you a good listener? Do you cheer people up? That's a superpower too!")

If they're comfortable, let some share.

Building Confidence Every Day (4 minutes)

Give these confidence-boosting habits:

- Stand tall - body language shapes your mindset
- Try something new each week
- Speak kindly to yourself like you would to a friend
- Celebrate small wins (did your best, asked a question, helped someone)
- Be around people who support you, not bring you down

Final thought:
"Confidence isn't about being the best. It's about knowing you're already enough - just as you are."

Optional Follow-Up:

- Create a "Confidence Wall" with student affirmations
- Make a pocket-sized "Power Card" with their best traits
- Follow-up journaling prompts: "Today I felt proud when…"