

THEME OF THE MONTH

I HAVE SELF-CONFIDENCE

DEVELOP YOUR SELF-CONFIDENCE
WITH GROUPE KARATÉ SPORTIF!



Words of the week this month:

WEEK 1 I am able to succeed!



WEEK 2 Effort + Practice = Success!



WEEK 3 I am able to manage on my own



WEEK 4 Self-Defense with words



THEME OF THE MONTH

WEEK 1



I HAVE SELF-CONFIDENCE

Word of the week:

I am able to succeed!

EXPLANATION

Our theme for the month is: I have self-confidence! But what does that mean exactly?

Confidence is feeling that you are able to succeed at something. It is therefore feeling that you have the ability to accomplish a task or take up a challenge for example. Whether they are small challenges, like cleaning your room, or bigger ones, like the excellence of the black belt!

But **do you think you are capable** of succeeding? Let me tell you a story.

There is a popular story that says that there are 2 wolves inside every human being. The 2 wolves would constantly fight. One wolf would be optimistic and confident but the other would be pessimistic and distrustful. A grandfather told this story to his grandson. His grandson asked him: "Say grandpa, which of the two wolves wins the battle?" "The one you feed," replied his grandfather.

- **What does this story mean to you?**
- **When it's time to find out if you can do something, which of the two wolves do you listen to?**
 - *the one who encourages you?*
 - *or the one telling you that you are not capable?*

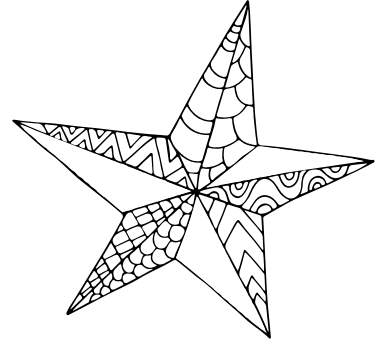
At Groupe Karaté Sportif, we will help you to listen to the wolf that encourages you! **When I say to you "Confidence"**, get up as fast as you can with your fist in the air. Pretend you're the confident, positive wolf. Plant your paws in the ground: you are the stronger of the two wolves! And say loud and clear: "I am able to succeed! One day, I will be a black belt!"

This week, **practice listening to the wolf who gives you confidence.** To help you, here is a poster to color with positive thoughts on it. You can cut them and put them in your pocket to think about them often.

I am able to succeed!



WHICH WOLF ARE YOU LISTENING TO?



I am able to succeed

I have confidence in myself

People I love believe in me

I have the strength within me to make it happen

I listen to the wolf who gives me confidence

I am resourceful to find solutions

I have lots of ideas to create things I like

I can assert myself with others

I am able to reach out towards others

I can achieve my dreams!

I am able to take on challenges!

I am proud of myself

One day, I will be a black belt

I am not alone

I am happy to be who I am

THEME OF THE MONTH

WEEK 2



I HAVE SELF-CONFIDENCE

Word of the week:

Effort + Practice = Success!

EXPLANATION

If you can't do something right the first time, does that mean you are not good at it? Does it mean that the negative wolf wins? No!

It is part of the learning process to not always succeed the first time, to have to make several attempts. Even if you experience disappointments and difficulties at school, with your friends or with your family, you can still have confidence in yourself.

It is like when you were a baby and you learned to walk. At first, you crawled on the floor. Then, you sat up and stood up. You took your first steps by holding on to objects. One day, you took the plunge and walked. You also fell many times until you were really solid on your feet! **Imagine if from the beginning, you had told yourself that you would never succeed at walking because you were falling!**

All our lives, we develop our skills. Life is about movements and adaptations, like in karate combats. **You may get a punch to the stomach but it's not over.** You can fight back and even end up winning!

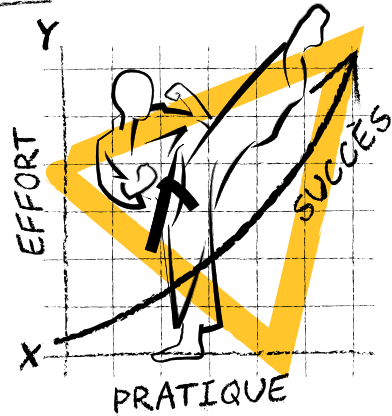
On the next page, you will see **examples of celebrities** who have experienced many setbacks but have continued to believe in themselves and achieve their dreams. Take a cue from them to inspire you and give you confidence!

To give you an example, **I will tell you about me.** You see me as a confident karate instructor. Do you know that I have also experienced difficulties? Have you experienced any difficulties that you would like to share with us?

So this week, I would love for you to repeat this sentence to yourself everyday:

"Even if I make mistakes and face difficulties, I can have confidence in myself. That's part of life. Effort + Practice = Success!"

$$E + P = S^2$$



**KARATÉ
SPORTIF**

Effort + Practice = SUCCESS



Even if I make mistakes and face difficulties, I can have confidence in myself. That's part of life!



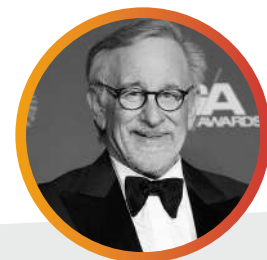
WINSTON CHURCHILL was Prime Minister of the United Kingdom. As a child, he had a learning disability. In school, he had many difficulties and repeated the 6th grade.



The popular singer **RIHANNA**, who recently sang at the Super Bowl championship, had been bullied throughout her school career because of the color of her skin.



The famous basketball player **MICHAEL JORDAN** said to himself: "I missed over 9,000 shots in my career. I've lost almost 300 games. 26 times I was trusted to take the winning shot and I missed. I have failed over and over and over again in my life. And that's why I'm successful."



STEVEN SPIELBERG, one of the greatest filmmakers, who directed E.T., The Extra-Terrestrial, Jurassic Park and Indiana Jones, among others, had been rejected three times from film school.

THEME OF THE MONTH

WEEK 3



I HAVE SELF-CONFIDENCE

Word of the week:

I am able to manage on my own!

EXPLANATION

When you can not manage to do something, you may say to yourself: “I can’t do it, I’m a failure”. But the reality is that you lack **the right tools** to do it. Imagine you want to cut a sheet of paper to make a craft but the only tool you have in your hands is a wooden spoon. Wouldn’t that be okay?

So I’m going to teach you a method to help you find solutions. The idea is for you to learn to cope and discover that you can get out of any situation with your creativity!

I don’t know if you realize it, but **when you’re alone with a problem, you’re not really alone:** you’re still with yourself! So that means you can team up with yourself and help yourself out of a difficult situation. **It’s like being your own best friend!** And the good news is that it’s **for life!**

So here is a **zero-tracas method to use when you are in trouble: the YES method!**

- **You take a step back**
When you’re stuck with a problem, it’s like having your nose stuck in a tree and you can’t move. If you take a step back, you will see the forest around you again and all the possibilities!
- **Evaluate all the possible options**
There is often more than one way to get there! Let your imagination run wild and try to see all the possible solutions. Then, choose the ones you think are best suited to solve the situation.
- **Small bites one at a time!**
Break down a big goal into achievable mini-goals: if it’s too hard, take smaller steps. One bite at a time, you can do it!



I am able to MANAGE ON MY OWN!



When you can not manage a challenge, don't panic! Use the **YES** method to blow away the obstacles in front of you!

Y. You take a step back

When you're stuck with a problem, it's like having your nose stuck in a tree and you can't move. But don't panic! Take your breaths to calm down and take your mind off things for a few minutes: with this step back, you will see the forest around you again and all the possibilities!



E. Evaluate all the possible options

There is often more than one way to reach your goal! Let your imagination run wild and try to see all the possible solutions. Then, choose the ones you think are best suited to solve the situation.



▶ Write down all the solutions you can think of:

_____	_____
_____	_____
_____	_____

▶ Choose one or two that you want to try:

_____	_____
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S. Small bites one at a time!

Break a big goal down into achievable mini-goals: if it's too hard, take smaller steps. It's like eating pizza: one bite at a time!



▶ Here is an example:

My goal: I want to pass my kata (that is the pizza!)

- I divide my kata in several parts (those are slices!)
- I practice one part at a time
- I try to practice some parts together
- I try to practice all the parts together.

THEME OF THE MONTH

WEEK 4



I HAVE SELF-CONFIDENCE

Word of the week:

Self-defense with words

EXPLANATION

Since we've been talking about self-confidence, you can probably start to recognize the two wolves inside of you. Have you also started to notice that people around you sometimes talk to you with their friendly wolf but also sometimes with their negative wolf?

I will give you an example: if you arrive at school with a new sweater and your friend says: "that's an ugly sweater", how will you react?

Are you going to let the negative wolf win and say to yourself "it is true that your sweater is ugly."? **Or will the confident wolf win?** You know, just because someone says something negative about you doesn't mean you have to lose your confidence.

You can even learn **to defend yourself with words**: it is like self-defense but with words! It **can help you keep your confidence when you face a negative wolf.**

Let's practice it together:

Start by taking a confident stance. A wolf stands tall and strong on its feet. So stand up and assume the superhero position:

head and shoulders up, back straight, feet firmly on the ground. Look ahead and don't hesitate to look people in the eye. How do you feel like this?

Let's go back to the story of your friend who says your new sweater is ugly. What would you say if you were confident?

(Examples of answers: "Too bad you don't like it," "I think it's pretty cool," "You know, negative comments can be kept to yourself!").

Let's try two answers together. I want to hear in your voice that you are with your confident wolf. I want a clear, calm voice. Say: "Too bad you don't like it! You know, negative comments, you can keep them to yourself!".

Pretty cool huh? I think with the self-defense with words, you can empower your self-confident wolf. Can I count on you to try it this week?

Practice playing SELF-DEFENSE WITH WORDS!



SELF-DEFENSE WITH WORDS

Goal of the game: find sentences to say, even to the fiercest competitors, the bullies!

How to play the game: read one insult at a time and write a response that serves to keep your self-confidence and show that whatever the other person may say will not change your self-confidence.

Additional option: for maximum control, practice the sentences in role-play with people you trust.

ARE YOU READY TO PLAY? LET'S GET STARTED!

Imagine how you would respond to these types of sentences. You can use the phrases listed as inspiration to create your own responses.

1

You suck: _____

"If that's what you think!" "Nonsense!" "Why would you say that?" "Did you say something?"

2

I'm better than you: _____

"It depends on the point of view" "That's your opinion" "No, I don't think so"

3

Your hair is ugly: _____

"I see that you are able to give your opinion!"
"And you tell me that because?"
"Do you always criticize people like that?"



I HAVE SELF-CONFIDENCE

Self-confidence starts with our little voice inside us, our internal speech. What does this little voice tell us? That we will succeed or that we are not capable of succeeding? It is often the voice that plays tricks on your child and can play tricks on you too! In the first word of the week “I am able to succeed!”, we tell your child the story of the two wolves inside us. Familiarize yourself with this story: it will guide you through this month on self-confidence!

Here are 5 USEFUL TIPS for building your child's self-confidence:

1. When your child is having a hard time, such as when he can't succeed at something or feels less than others, you can refer to the story of the two wolves (word of the week 1). Ask: **“Which wolf are you listening to right now?”**. Learn together about his two wolves and the battle they are having.
2. When your child is not succeeding at something, you can accompany him by saying, **“Tell me about the hard part”**. By opening this window with him, you allow him to 1) see what he is capable of achieving, 2) think of different possible solutions, 3) deconstruct a big challenge into small, achievable steps and 4) offer to not be alone if he needs help.
3. Being confident is not about being a perfect child and never making a mistake. It's about being able to face life's challenges, even if they are difficult and bring difficult emotions as well. Share with your child your own challenges and how you got through them. These shared one-on-one moments will allow your child to **learn some great life lessons from his family history**.
4. Developing self-confidence is like becoming a good karateka: **you invest time, effort and perseverance**. You start with the white belt and work your way up to the black belt. There are belt graduation to pass and there are also good moments to savor. But you move forward and each training leads to the next belt. Your child's self-confidence is also built this way: it is a long-term investment. Adopting this posture can help you see beyond the current difficulties and have an educational vision of what you want to give your child as a **legacy**.
5. **Practicing social responses** with your child fills his toolbox for dealing with negative wolves (word of the week 4). **Feeling that he can stand up for himself** is part of feeling confident. In fact, it's an **essential characteristic of the karateka mindset**. From posture to eye contact to words, your child can practice with you to deal with conflict with others.

THEME OF THE MONTH : I HAVE SELF-CONFIDENCE

Self-confidence checklist!

This table allows your child to regularly practice the tools to develop self-confidence.

Self-assessment by the child

Each time you use the tools in the table, put a checkmark. ✓

	MON	TUE	WED	THU	FRI	SAT	SUN
1. I pay attention to what the wolf is telling me in my head (my little voice): what is he telling me? Does it give me confidence or not?							
2. I use positive phrases to help me nurture the confident wolf in me.							
3. When I lose confidence, I go read and get inspired by the stories of famous people who have experienced failure.							
4. When faced with difficulties, I repeat to myself, "Effort + Practice = Success!" and "I am able to succeed!".							
5. I practice the YES method to get by!							
6. I practice self-defense with words to develop responses to negative wolves.							
7. I adopt the superhero stance to build my confidence.							

Comments:

Parent's signature: _____

Teacher's signature: _____

DON'T GIVE UP! YOU CAN DO THIS!

Designed and written by Groupe Karaté Sportif, in collaboration with Isabelle Verret, psychologist and Studio Grif, infographics.

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