

Young Confidence Builders

Build self-belief, positive thinking, and strong communication skills while growing into a confident young leader!



Grade: LKG, UKG, 1st

Day 1	Introduction to Self & Confidence (My Name, My Likes)
Day 2	Expressing Feelings (Happy, Sad, Excited)
Day 3	Speaking Clearly & Loudly
Day 4	Body Language & Gestures
Day 5	Simple Role-Play Activities
Day 6	Storytelling with Actions
Day 7	Fun Group Activities to Build Team Confidence
Day 8	Overcoming Shyness through Games
Day 9	Mini Stage Activities & Show & Tell
Day 10	Confidence Showcase & Celebration

*Content subject to change as per feedback

Grade: 2nd, 3rd, 4th

Day 1	Understanding Self-Confidence & Personal Strengths
Day 2	Advanced Voice Projection & Clarity
Day 3	Expressing Emotions with Impact
Day 4	Body Language & Stage Presence
Day 5	Role-Play & Real-Life Scenario Practice
Day 6	Storytelling & Persuasive Speaking
Day 7	Team Activities & Leadership Confidence
Day 8	Overcoming Shyness & Stage Fright
Day 9	Crafting & Delivering Short Speeches
Day 10	Grand Confidence Showcase

*Content subject to change as per feedback

Grade: 5th, 6th, 7th

I am Confident

Day 1	Session Duration
Day 2	Self-Talk & Internal Dialogue
Day 3	Strength Awareness & Identity Building
Day 4	Handling Mistakes & Resilience
Day 5	Emotional Regulation & Awareness
Day 6	Social Confidence & Assertiveness
Day 7	Decision-Making & Responsibility
Day 8	Courage Under Pressure
Day 9	Leadership & Initiative
Day 10	Future Identity & Personal Commitment

*Content subject to change as per feedback