



I wear my favorite polka dot boots,  
and she says I'm **WEIRD**.



Guess I  
won't wear  
those again.

## Join Luisa's Confidence Club!

Acting confident isn't always easy. But the more you practice, the better you'll get. I found out that I can make some really simple changes to look, sound, and feel more confident. I can . . .

Stand up tall with my shoulders back and my head held high.

Look others in the eye—*not* down at the floor.

Speak clearly so people can understand me.

Smile and laugh if I want to!

Turn and walk away calmly when I don't like what is happening.

Tell an adult if I or someone else needs help.\*

**Confident**  
means believing  
in yourself and  
your abilities.

**\*Telling vs. Tattling**  
Nobody wants to be a tattletale. But tattling on a person for something small (like picking her nose!) is very *different* from telling an adult when someone needs help. If you were being bullied, you'd want someone to help you, right?

While I am doing all this on the *outside*, I am also making changes on the *inside*. Instead of thinking negative thoughts that make me feel nervous inside, I think positive thoughts that make me feel calm and confident. Here's what I think inside my head when Sam is around:

"I am going to walk by and choose not to listen to what she is saying."

"I am *not* going to let her ruin my day."

"I am calm and confident."

"I don't have to worry about what she thinks."

"Many people like me just the way I am."

"I can always ask for help if I need it."

Can you think of other ways to look and feel confident? Share them with your friends and classmates!

