

■ Daily Confidence Checklist for Parents

Simple, powerful ways to build your child's self-esteem and resilience

- **■ Power Pose Together (1 min)**

Start the day with a confidence-boosting superhero pose. Shoulders back, chin up, arms raised like a star. Hold for 30 seconds together while saying a power phrase like: "I am strong. I am a Brave One. I can do hard things."

- **■ Use Morning Affirmations Like a Superhero Cape (1 min)**

Affirmations are like invisible armor. Try saying together: "I am strong. I am a Brave One. I can do hard things." Wrap your words around you like a cape—powerful, proud, and ready for the day. Bonus points if you sing it!

- **■ What Makes You One of the Brave Ones? (30 sec)**

Ask: "What makes you a Brave One today?" or "What did you do that showed courage or kindness?" Celebrate even the small moments of bravery — they build up fast.

- **■ Bounce-Back Practice (1 min)**

Role-play how to respond if someone says something unkind: "I'm still awesome." or "That's not true, and I don't accept it." Reinforce that one hard moment doesn't define them.

- **■ Play "High-Low-Buffalo" at Dinner (3–5 min)**

Each person shares: - High: The best part of their day - Low: Something that didn't go well — and applaud it as a "brave try," not a failure - Buffalo: A surprise or unexpected moment This game teaches kids that challenges = growth and every miss is worth celebrating.

■ Bonus Tip: Keep a *Confidence Playlist* going during routines — music that makes them feel like the star of their own story.