

Confidence Hearts - Levels C & D

GRATITUDE

To support students to identify and celebrate their own confidence by creating a Confidence Heart. Inspired by Jupiter in the Playful Astronauts journey, this activity helps students recognise that self-belief is a strength worth celebrating and sharing with others.



Learning Intentions

Students aim to recognise something they feel proud of about themselves.

Students aim to express confidence through drawing, symbols, or words.

Students aim to share their confidence with others in a respectful and meaningful way.



Success Criteria

I can identify something I am proud of.

I can draw, write, or show my proud moment on a heart shape.

I can share or take my Confidence Heart home to show someone special.



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Duration: 10 - 15 minutes

Objective

To support students to identify and celebrate their own confidence by creating a Confidence Heart. Inspired by Jupiter in the Playful Astronauts journey, this activity helps students recognise that self-belief is a strength worth celebrating and sharing with others.

Players

Whole class or small groups

Suitable for 4 - 26 students

Students work individually, with optional sharing

What You Need

Pre-cut heart-shaped cards or paper with a heart outline

Coloured pencils

Optional: stickers, glitter, ribbons, textured materials

Optional: envelopes or folders for taking home

AAC devices or communication boards as required

Setup

1. Revisit the Jupiter theme using simple language:
 - “Jupiter reminds us that confidence helps us shine.”
2. Invite students to think quietly about prompts such as:
 - “What are you proud of?”
 - “What did you do that was brave?”
 - “What makes you feel like a superstar?”
3. Explain the activity clearly:
 - “Today we are making Confidence Hearts to show something we feel proud of.”
4. Reassure students:
 - “Everyone’s heart will be different.”
 - “There are no right or wrong answers.”
5. Set up accessible workspaces with materials within reach.
6. Confirm AAC devices are on and open to feelings, proud, or me pages.



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Gameplay

Step 1: Create the Confidence Heart

1. Give each student a heart-shaped card.
2. Invite students to show what they are proud of by:
 - Drawing a picture
 - Writing a word or short sentence
 - Choosing symbols or stickers
3. Provide example prompts if needed:
 - “I am proud of myself for...”
 - “This makes me feel confident.”
4. Encourage students to decorate their heart using colours or patterns that feel special.
5. Adults may support by hand over hand drawing, scribing, offering choices, or modelling alongside students.

Step 2: Optional Sharing

Students may choose to share their heart by:

- Holding it up
- Saying one sentence
- Pointing to a picture or symbol
- Using AAC
- Sharing with a partner

Model respectful listening and positive responses.

Step 3: Take It Home

- Place hearts into envelopes or folders.
- Encourage students to show their Confidence Heart to a family member or trusted adult at home.

Debrief / Reflection

Ask one gentle question at a time:

- “How did it feel to think about something you’re proud of?”
- “What do you like about your heart?”
- “How does confidence help us?”

Reinforce the message:

“Being proud of yourself helps you feel strong.”



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Winning the Game

There are no winners or losers.

Success is shown through reflection, effort, and self-belief.

Sensory-Specific Learner Variation

Purpose: To support regulation and engagement during reflective work.

Adjustments include:

- Use tactile materials such as foam hearts or textured stickers.
- Allow short work periods with movement breaks.
- Offer visual prompts or pre-drawn symbols.
- Provide a quiet space for students who need reduced stimulation.

AAC-Specific Supports

1. Prepare AAC in Advance

- Pages with: proud, happy, me, good, brave, like

2. Model AAC Use

- Teacher models selecting symbols to describe their own Confidence Heart

3. Supported Expression

- Students may:
 - Select one or two symbols
 - Point or eye gaze
 - Use a single-message button

4. AAC Reflection

- Ask: “What are you proud of?”
- Students respond using AAC, gesture, or pointing

Accessibility and Inclusion Notes

- Ensure all materials are reachable and easy to handle.
- Provide adaptive art tools if needed.
- Allow digital creation if preferred.
- Accept all forms of expression equally.
- Avoid comparisons between students' work.

Teacher Notes

“Confidence Hearts – Levels C & D” supports self-esteem, reflection, and positive identity. Linked to the Jupiter theme, it reinforces that confidence can come from small achievements and personal growth. This activity works well as a reflection task, a take-home connection activity, or a confidence-building ritual that helps students recognise and celebrate their own strengths.

