



The Good Eggs

Chapter 11: Confidence (July)

Chapter Review:

In Chapter 11, summer is in full swing, and with the help of Benedict's exuberance, the Eggs decide to join a Fun Run competition in Albumen. As the Eggs train, Benedict struggles to run a mile and quickly loses confidence in his ability. Along with the mile each of them had to run, they also needed to raise money for Albumen Children's Hospital. The Eggs raised lots of money through a community car wash and through the help of donations from their parents. When it came time for the Fun Run, all of the Eggs were confident, except Benedict. Seggourney and the other Eggs kept encouraging Benedict, trying to increase his confidence. Benedict regained his confidence when he saw a little Egg in a wheelchair. It changed his perspective on his abilities, and increased his confidence. After the race, Peggy agreed to read a congratulatory speech. She got nervous and began to struggle reading, but with the help of her friends, she found her confidence.

The Lesson:

The example and encouragement of others helps us to find the confidence that we already have.

Overview:

Helping students find their confidence within themselves and through others.

Materials:

Paper strips, mirror

As the Eggs were training for the Fun Run, Benedict had trouble completing his mile and was losing confidence. He did not want to let the team down. Seggourney reminded him that he needed to find his confidence inside of him.

Sometimes the words of trusted friends or family give us the boost we need to raise our confidence level. Seggourney was there to help Benedict. Have your students give each other a boost. Write the names of each student on a piece of paper and randomly hand them out, one per student (making sure not to give the student their own name). On the back of the paper, have them write a "vote of confidence" to that person. For example, they may write "Jenny, you are really smart," or "Josh, I like your haircut." Have the students get up and walk their "vote of confidence" over to their recipient.

As Benedict was completing the Fun Run mile, he found his confidence through a little Egg in a wheelchair who was cheering him on.

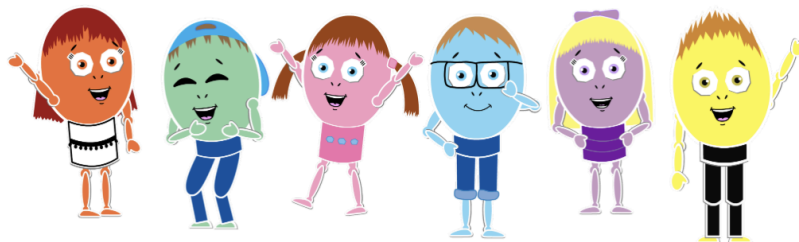
Discuss with your students times when they were afraid to try something new because of a lack of confidence. Ask them, “What would you try if you knew you couldn’t fail?” Finding the confidence inside of us to complete a task is sometimes difficult. A simple exercise can help. Bring in a mirror and look into it saying, “You can accomplish anything!” Then pass the mirror to each student and have them say the same thing to themselves. Make sure they are looking themselves in the eye when they are saying it. The students may giggle as they are doing this, but tell them successful athletes, business people, and any others needing motivation use this technique often!

Peggy agreed to read the speech at the end of the Fun Run as long as she could read it from the paper. However, a gust of wind blew the paper away and she was left staring at the crowd wondering what to say. Seggourney whispered to her to find the confidence inside of her. When Peggy saw the same little Egg in the wheelchair Benedict saw, she found her confidence and delivered a fine speech.

Who is your inspiration? Who gives you the confidence to go on? Share with the students your stories of inspiration. Then ask the students to share the names of some people that inspire them. Write them on the board as they shout them out. Ask for reasons as to why these people are inspiring. When finished, look at the names on the board. Tell the students we can learn from all of these people (and more!) and to remember that they, too, can be a source of inspiration to someone. We all need each other to bring out the best in us!

Reflection:

The most obvious way we can model confidence is by being confident in all we do. We need to believe in our abilities, in our strengths, and in our gifts and talents. We must be careful not to confuse success with perfection. We are not going to do everything perfectly, but this does not take away from our success. Teaching our students that they can succeed at anything if they have confidence and try their best is an invaluable lesson in life. Succeeding isn’t always winning the game, getting the A, making the team, etc. It is about believing in yourself and trying your very best.



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