



## Setup

- Place cards in a basket labeled “Try It!”
- Each card shows a simple classroom or life challenge (e.g., Say one positive sentence about you, Read a short paragraph aloud, sing a song, perform dance steps etc. ).
- Prepare two zones on the floor:
  - Nervous Zone
  - Confident Zone

## How to Play

1. Pick a Card: A student draws one “Try It!” card.
2. Step Forward: They stand in the Nervous Zone and say, “I feel nervous, but I’ll try!”
3. Do the Challenge: The student performs the task.
4. Move to Confidence: After finishing, they step into the Confident Zone and say, “I did it!”
5. Group Response: The class claps and cheers — “Clap! Clap!”
6. Reflection: The student shares one sentence: “It was scary at first, but now I feel \_\_\_\_.”

## Variation for Older Students

Add “Confidence Stars” — each time a student tries something new, they earn a star. After five stars, they can share a tip with the group: *“How to make fear disappear.”*