



Be Well



15 minutes



Give it a go

GUIDES

No doubt

What you'll need:

- Paper, one sheet per girl
- Pens, one per girl
- Recycling bin or bucket

Aim of activity

Everyone doubts themselves occasionally. By setting goals for things you want to achieve, you can help turn those doubts around and see what you can really do.

- 1 Everyone, grab a sheet of paper and a pen each.
- 2 Fold your paper in half lengthways, and draw a line down the fold. On the left-hand side, write the heading, 'Doubts'.
- 3 Underneath, write three things you think you can't do or have doubts about trying but want to give a go, or even dream of getting really good at. For example, 'I can't pass my maths test,' or 'I can't skateboard.'
- 4 Come together as a group. If everyone is comfortable doing so, share at least one thing on your list. Are you surprised by what others think they aren't capable of?

5 Things we think we can't do are often doubts we have about ourselves. There's a big difference between something being hard and something being impossible! On the other side of your piece of paper, write the heading, 'Truth'.

6 Help each other to identify three truths to help you overcome your doubts. For example, 'I can find a study buddy to revise with for my maths test,' or 'I can ask my friend to help me learn to skateboard.'

7 Everyone, rip down the fold in your paper, separating the truth from the doubts.

8 Put the recycling bin or bucket in the middle of your space and throw your doubts into this. They're a load of rubbish!

9 Put your truths somewhere you can see them, like stuck to your wall or typed into your phone. Look at them often to remember how you're going to achieve your goals, and to encourage you to go for them!

Try it this way

To show support for your friends' dreams and goals, crumple up each others' papers full of doubts – you know these worries are rubbish too. Or, if you're planning a campfire soon, you could save and use the paper for kindling. Watch those doubts go up in flames!