



God  
rely fears  
mind confident  
peace  
confidence  
trust  
doubts  
loves



- ***You can do things without fears or doubts stopping you.***
- ***When you are confident in someone, you can trust and rely on them.***
- ***If you trust in God you have confidence that God loves you and watches over you.***
- ***Confidence brings peace of mind.***



# The Holy Family dance

## Knowledge

Confidence is an important part of life. It can help you overcome many obstacles. Your own mental attitude helps you succeed.



You must have confidence in YOURSELF!

## Reasoning

1. Where does our confidence come from?
2. How can we boost our own confidence?
3. When we take part in exercise, we feel better mentally, and also physically. How many ways can you think of that you can boost your confidence at home?

## Practice

Have a go at releasing those feel good chemicals in the brain by taking part in the Holy Family Dance Challenge! In just a couple of minutes, it will boost your positivity and release those endorphins!

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Take a look at  
the lovely  
members of  
staff who have  
had a go at  
the Holy  
Family dance  
challenge,  
boosting their  
positivity and  
overall  
**CONFIDENCE!**

