7-Day BossKid Confidence Challenge

One small goal. Your voice. Your next step. Ages 8-13.

YOUR CHALLENGE

Spend about ten minutes a day noticing your strengths, trying small actions, asking for support, and saving your progress. You do not have to feel brave before you begin. You can start small.

START HERE

Grab a pencil and these pages. Choose a trusted adult who can support you. Start with Day 1 and go at your own pace. Missing a day does not erase your progress.

Write, draw, speak, or ask an adult to write your words. Your pages can stay private.

FOR PARENTS AND EDUCATORS

Read the next page before beginning. This secular edition contains no scripture. No login, device, purchase, or AI account is needed.

PRINTING

US Letter, 100% scale. On A4, choose Fit to page. The pages work in black and white. Print pages 3-9 for the daily activities; page 10 is optional.

Parent / Educator Guide

The aim is one visible attempt, not perfect performance.

LET THE CHILD LEAD

Read the activity together. Let the child choose a small action, then give them room to try. Notice something specific: "You asked for what you needed" or "You changed your plan and tried again."

THE FIVE-STEP RHYTHM

SAY IT: Name an idea in their own words. SORT IT: Choose one manageable action and the support it needs. BUILD IT: Try or make something small. CHECK IT: Notice what happened without grading the child. SAVE IT: Keep the page or a description of the attempt.

MAKE IT FIT

Read aloud, scribe the child’s words, or accept a drawing or gesture. Shorten the activity, offer a break, or return another day. Do not compare children or require public sharing.

KEEP IT COMFORTABLE

Use everyday goals, such as reading a page or organizing supplies. Avoid asking for secrets or painful personal stories. If the child becomes upset, pause and offer support from a trusted adult. This is an educational activity, not counseling.

IN A GROUP

Offer individual choices and an option to pass. Keep pages private unless the child wants to share. Use a folder for finished pages.

Day 1: Notice your strengths

Confidence starts with noticing something you already do. About ten minutes.

SAY IT

Think of a time you helped, practiced, learned, or tried again. Say: "One thing I can do is "

SORT IT

Choose one strength. Where could you use it this week?

BUILD IT

Use that strength for one small action today. Example: explain a game kindly to someone.

CHECK IT

What did you actually do? A small attempt counts.

My strength is

Today I used it when

SAVE IT

Keep this page. Circle your check-in: I tried / I asked for support / I will return later.

Day 2: Choose one small goal

Make your goal small enough to start today. About ten minutes.

SAY IT

Say one thing you want to practice this week. You can write, draw, point, or tell an adult.

SORT IT

Turn it into a ten-minute action. "Get better at reading" becomes "Read one page with support."

BUILD IT

Try the action once. Set a gentle timer or stop when you need a break.

CHECK IT

Was the action small enough? Make it smaller if needed.

My small goal is

My first step is

SAVE IT

Keep this page. Circle your check-in: I tried / I asked for support / I will return later.

Day 3: Use your voice

Asking for help is a confidence skill. About ten minutes.

SAY IT

Practice: "I am working on ___. Could you help me with ___?"

SORT IT

Choose a trusted adult and one clear request. You can show them your words instead of speaking.

BUILD IT

Ask for help with your goal. If the person is busy, choose another time or trusted adult.

CHECK IT

Did you say what you needed? Their answer does not decide your worth.

The help I want is

The words I can use are

SAVE IT

Keep this page. Circle your check-in: I tried / I asked for support / I will return later.

Day 4: Make a tiny plan

A plan helps you begin without doing everything at once. About ten minutes.

SAY IT

Say your small goal again. Is it still the goal you want?

SORT IT

Put three steps in order: get ready, try, and finish.

BUILD IT

Do the first step. If you have energy, try the next one.

CHECK IT

Which step helped? Which step needs changing?

My three steps are: 1 2 3

The step I finished today was

SAVE IT

Keep this page. Circle your check-in: I tried / I asked for support / I will return later.

Day 5: Try a kinder next step

A hard moment can be a signal to change the plan. About ten minutes.

SAY IT

Name a small snag, without blaming yourself: "This part is tricky."

SORT IT

Choose: take a break, make the step smaller, or ask for support.

BUILD IT

Try your new step when you feel ready. You can skip sharing anything private.

CHECK IT

What changed when you used support or changed the step?

When I get stuck, I can

A kind sentence I can tell myself is

SAVE IT

Keep this page. Circle your check-in: I tried / I asked for support / I will return later.

Day 6: Make something useful

Your ideas can help someone else. About ten minutes.

SAY IT

Say what you want to make: a kind note, a bookmark, a simple reminder, or your own idea.

SORT IT

Choose who it is for and one thing it should do. Keep names and private details off anything shared publicly.

BUILD IT

Make a first version with paper and a pencil. No device or AI account is needed.

CHECK IT

Does it do what you wanted? Ask a trusted adult for one helpful suggestion if you want.

My idea is for and it helps by

Draw or describe my first version

SAVE IT

Keep this page. Circle your check-in: I tried / I asked for support / I will return later.

Day 7: Show your growth

Confidence can look like trying, asking, resting, or starting again. About ten minutes.

SAY IT

Look back at your pages. Say one thing you tried this week.

SORT IT

Choose one moment that shows effort. You do not need to finish every page.

BUILD IT

Share that moment with a trusted adult, or keep it in your own folder.

CHECK IT

What would you repeat? What would you change next week?

One thing I am proud I tried is

My next small step is

SAVE IT

Keep this page. Circle your check-in: I tried / I asked for support / I will return later.

I took a next step.

Every honest attempt gives you something to learn from.

My small goal was...

Something I tried...

Support that helped...

Something I learned...

My next small step...

A note from my trusted adult (optional)
"I noticed you..."

Keep the pages you want. Repeat a favorite activity next week, change your goal, or take a break. Your progress belongs to you.

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