



March: Week One

Objective:

I Can Learn How Simone Biles exemplifies confidence.

Activities:

I Can Learn Gymnastics.

Materials:

- ☐ [Kids gymnastics \(fundamentals\)](#)

Character Word: CONFIDENCE

Idocu videos with advice for children

[5 Ways To Boost Your Confidence](#)

Rocket Kids presentation of 5 ways to build confidence

[Self-Esteem For Kids - 10 Ways To Build Self-Esteem & Self-Confidence](#)

Video with strategies to build esteem and confidence

[The Kid's Guide to Confidence](#)

Children give advice to develop confidence

[Sesame Street: Confidence \(Word on the Street Podcast\)](#)

Sesame Street word on the street confidence.

[Boost Your Self Esteem](#)

How to boost your self esteem

Read Alouds

[Children Build Self-Esteem, Increase Confidence, Stop Bullies | Stress Free Kids](#)

Confidence Read Aloud

Brain Games Segment on Power of Positive Thinking

[The Power of Positivity | Brain Games](#)

Songs

[Confidence SPOT Song Music Video for Kids](#)

[Sesame Street: Song -- I Love My Hair](#)

[QuaverEd: You-Nique](#)

Dance

[KIDZ BOP Kids - Confident \(Dance Along\)](#)

Short Film

[Ballerina Dance battle - Confident 1080p](#)

Lesson:

- [Read Aloud "Flying High: The Story of Gymnastic Champion Simone Biles"](#)
How does Simone Biles exemplify courage?
- [Simone Biles' earliest days in gymnastics - rare footage | NBC Sports](#)
- [At Home With Olympic Champion Simone Biles](#)
Has Simone achieved the dreams she spoke of 7 years ago?
- [Simone Biles adoption shows the strength of family | Winning Teams | Humankind](#)
Simone shares her adoption story.
- [All Skills Named After Simone Biles](#)
- [Athlete of the Year, Simone Biles named for the third time for outstanding achievements](#)
Why was Simone chosen as 2023 athlete of the year?

JAM Time:

I Can Learn Gymnastics like Simone. (10-15 minutes)

Enjoy learning gymnastics like Simone [Kids gymnastics \(fundamentals\)](#)

Closing Community Circle (5-10 minutes)

In the final minutes allow participants to share their favorite move.