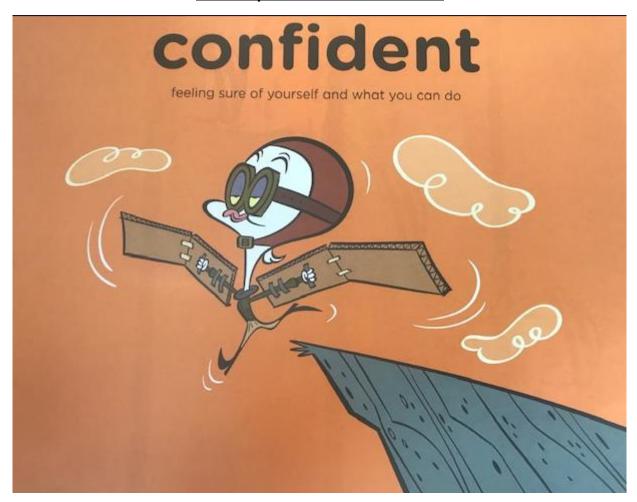
Word of the Day

Friday 12th June 2020



Definition:

Feeling sure of yourself and what you can do

Challenge:

Can you practise standing confidently? Stand tall, head up, shoulders back and say three time, "I am confident".

Use this to help you whenever you feel unsure about something.