

**CONTINUE
THE ADVENTURE...**

NAME: _____

Homework assignment

The Connection Between Practice and Confidence

Read the passage below and answer the questions that follow: "Confidence grows from experience and practice. When we practice a skill repeatedly, we become more familiar with it, which helps us feel more confident. While practice doesn't eliminate nerves, it allows us to trust in our preparation and skills, making it easier to handle challenges."

Questions:

How does practice influence confidence?

What role do nerves play in performance according to the passage?

Can you think of a situation where practice helped you feel more confident? Write a brief description.

Understanding Nerves and Confidence Reflection Activity:

Reflect on a time when you felt nervous about something. Answer the following questions:

What was the situation?

How did you feel before, during, and after?

How did practice influence your outcome?

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