



# Cooking children's confidence!

A fun way to learn the success recipe.

## Cooking children's confidence exercise!

### Lesson Preparation

**Before you start:** Write "Success Recipe" on the top of a piece of A4 paper and circle it. Write the word "Commitment" using blue ink and the word "Goals" using red ink anywhere on the page. Blu-Tack it to the wall in a visible place, near to where you will be working. If you don't have blue or red pens, any two different colours are fine.

***Tell your child that building confidence is like baking a cake – both require the right ingredients and quantities and both need to be cooked until they're done.***

### Step 1 of 14

Get a blank sheet of A4 paper and a pen.

Ask your child to tell you all the ingredients they think they need to bake a cake. Write down their answers. They will come up with milk, flour, butter, sugar, chocolate, baking powder, icing, etc.

### Step 2 of 14

When they've come up with the majority of the ingredients, ask them: "Is it true that you need to know the right quantity for each ingredient?"

They will agree it is true.

Ask them: "What would happen to the cake if you used the wrong quantities?"

They will say the cake might not be good.

### Step 3 of 14

Ask them: "what would the cake be like if you forgot to put in one ingredient like a pinch of salt?"

They will say the cake should still be ok!

Ask them again: "What if you forgot two or three of the ingredients?"

They will probably say the cake won't be very good at all! They may say it depends which ingredients you forget to use.

### Step 4 of 14

Ask them: "What would happen if they forgot a **main ingredient**, like the flour?"

They will say that it's almost impossible to make the cake or it definitely won't rise!

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### Step 5 of 14

Ask them: "Is it true that the cake needs to be baked for a certain period of time?"

They will say "Yes!"

Continue by saying: "What would happen if you had all the right ingredients and quantities, but only cooked the cake for a third of the time it needed?"

They will say it won't rise.

Ask them: "What will happen if you cook it for too long?"

They will say it'll burn or be overdone.

Ask them: "Is using the right temperature for the right duration important?"

They will agree it is.

### Step 6 of 14

Finally, ask them: "Is it true that if you have the recipe, use all the right ingredients and quantities, and bake it for the right length of time at the right temperature, you can make the cake successfully each time?"

They will agree that you can, give or take slight differences!

### Step 7 of 14

Give your child a sheet of A4 paper and ask them to brainstorm/think/write down what "ingredients" they think make up the "Success Recipe".

Give them approximately 3-5 minutes.

### Step 8 of 14

Tell them the objective of this step of the activity is to tease out from them what they think the five **vital** ingredients of the recipe are.

Tell them that vital ingredients are like flour; if you leave them out, your confidence will not rise!

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### Step 9 of 14

Go to the "Success Recipe" A4 paper you prepared earlier and take your different coloured pens.

Ask them to call out one ingredient which they think is vital in success making, in the same way that flour is vital to cake baking.

They will come up with goals, confidence, being positive, taking action, determination, skill, talent, ability, application, commitment, ambition etc. etc.

Each time an ingredient is given that is **not** one of the five vital ingredients, write it on your paper in **blue**. Each time one of the five **vital** ingredients is given, write it in **red**.

Very soon they'll ask why you have written some answers in **blue** and others in **red**. This is your opportunity to explain that blue answers like, determination, commitment, positive attitude etc are what other people see, they are an outcome that the vital ingredients have caused!

For example: you could explain what you mean by asking your child "what if a person was missing the vital ingredients, what behaviours would you expect to see"?

They may say, boredom, low confidence, laziness, lack of motivation.

Continue, getting one ingredient at a time, until they have exhausted all their ideas.

### Step 10 of 14

It's important to encourage every answer and especially recognise and celebrate when your child finds one of the vital ingredients. Very quickly your paper will be covered in blue words with one/two in red.

### Step 11 of 14

If you're still waiting for some vital ingredients and it seems as though your child ran out of ideas, you could write them onto the paper yourself.

The five vital ingredients are:

- **VISION/DREAM** - a clear image in your mind of the thing you want to achieve
- **GOAL/PLAN/AIM** - a written description of where you are now, where you want to be, and what steps you need to take to bridge the gap
- **DESIRE** - a hunger to achieve your dream
- **BELIEF** - a knowing, a feeling that you can achieve your dream
- **ACTION** - taking the right action steps that lead you toward your dream

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### Step 12 of 14

Once you have all the vital ingredients listed on your paper tell your child:

- We agreed that if you leave a vital ingredient out when “**cake baking**”, your cake won't rise
- Similarly, leaving a vital ingredient out when “**success making**”, means your confidence won't rise

### Step 13 of 14

It is very useful to describe a scenario to your child using four of the five vital ingredients, that highlights to them how leaving one ingredient out prevents success.

Example: Having the Vision, the Goal/Plan, the Desire and the Belief but taking no Action will prevent success.

You could make up a scenario for each of the five to demonstrate it if you like.

### Step 14 of 14

**Lesson review: The most important point you want your child to gain from this learning experience is:**

Success has a recipe and you need all of the vital ingredients in order to build your confidence.