

All About Confident Scribble

Untangling big emotions – one scribble at a time



Channon Gray





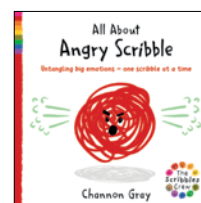
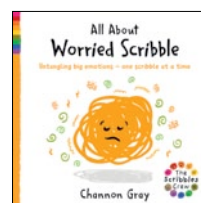
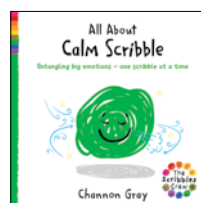
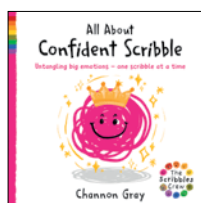
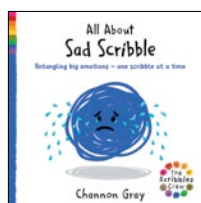
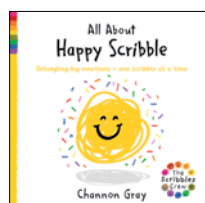
Come and join the Scribbles Crew!



Get to know **Confident Scribble** – find out
how it can make you feel and discover top tips
for the times when life calls for confidence!

The Scribbles Crew supports children's emotional literacy by
helping them identify, understand and talk about their big feelings.
Each book is packed with simple, practical steps and activities to
build self-awareness, empathy and resilience, and develop
self-regulation and social-emotional skills.

Collect all of the Scribbles Crew books!



award

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ISBN 978-1-78270-694-6



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I feel...



happy



calm



sad



angry



worried



confident



scared



surprised



disgusted



unsure



excited



embarrassed



panicked



focused



disappointed



silly



friendly



jealous



bored



muddled



tired



unwell



hungry



hot or cold

How do I say
“I feel confident” in Makaton?

I feel

confident.



Take one hand with your thumb and middle finger pointing to your face and lift your hand up and say, “I feel”.



With a confident look on your face, place one hand across your chest and make a ‘C’ shape with your hand and say, “confident”.

ISBN 978-1-78270-694-6

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First published 2026

Published by Award Publications Limited
The Old Riding School, Welbeck, Worksop, S80 3LR

 awardpublications  @award.books
www.awardpublications.co.uk

25-1206 1

Printed in China

All About Confident Scribble

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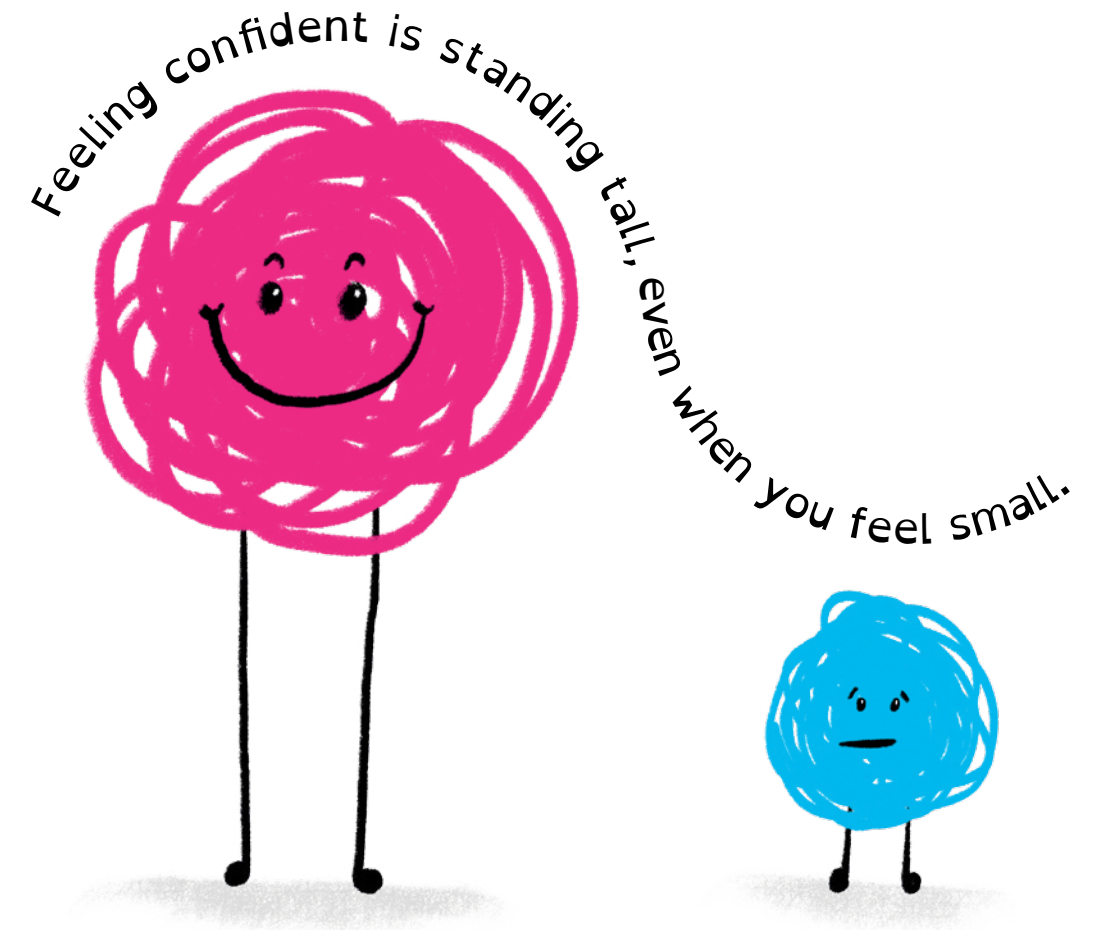


award

Confidence is believing in
yourself, inside and out.



It is a feeling that is powerful
and worth talking about.



When we are confident,
we pick ourselves up when we *fall*.

Confidence happens when
we know we are enough...

I am enough!



...just as we are.



grow strong

and begin to shine
like a star.

Confidence feels like a **BIG cheer!**

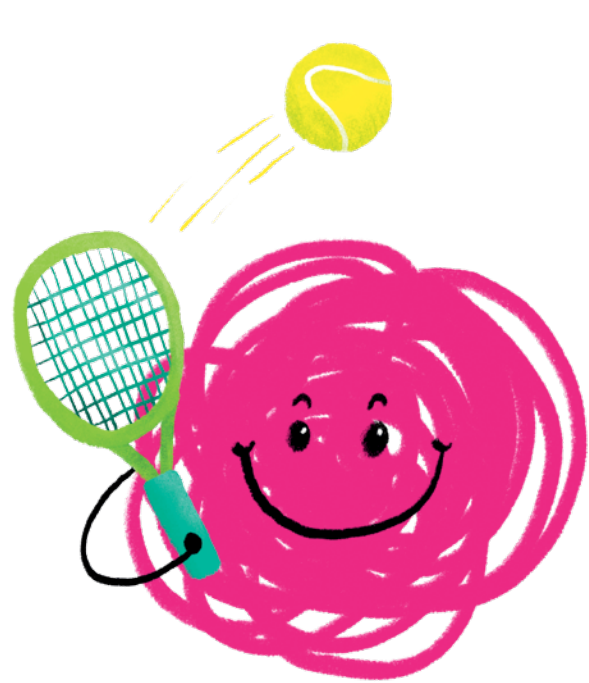


Knowing it will be okay
and you have nothing to fear.

Growing our confidence isn't about being perfect.

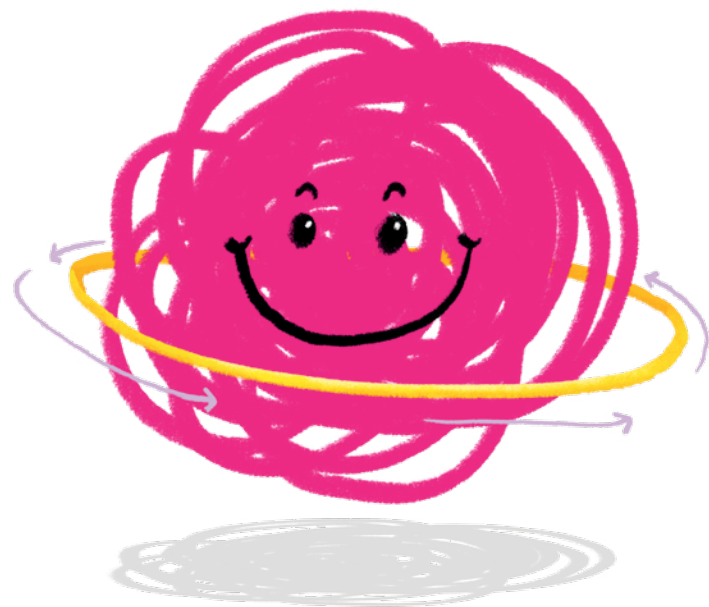


It's learning each day,
because mistakes are all part of it!



Hooray! I am
Elated Scribble.

Being confident looks and feels
different for everyone.

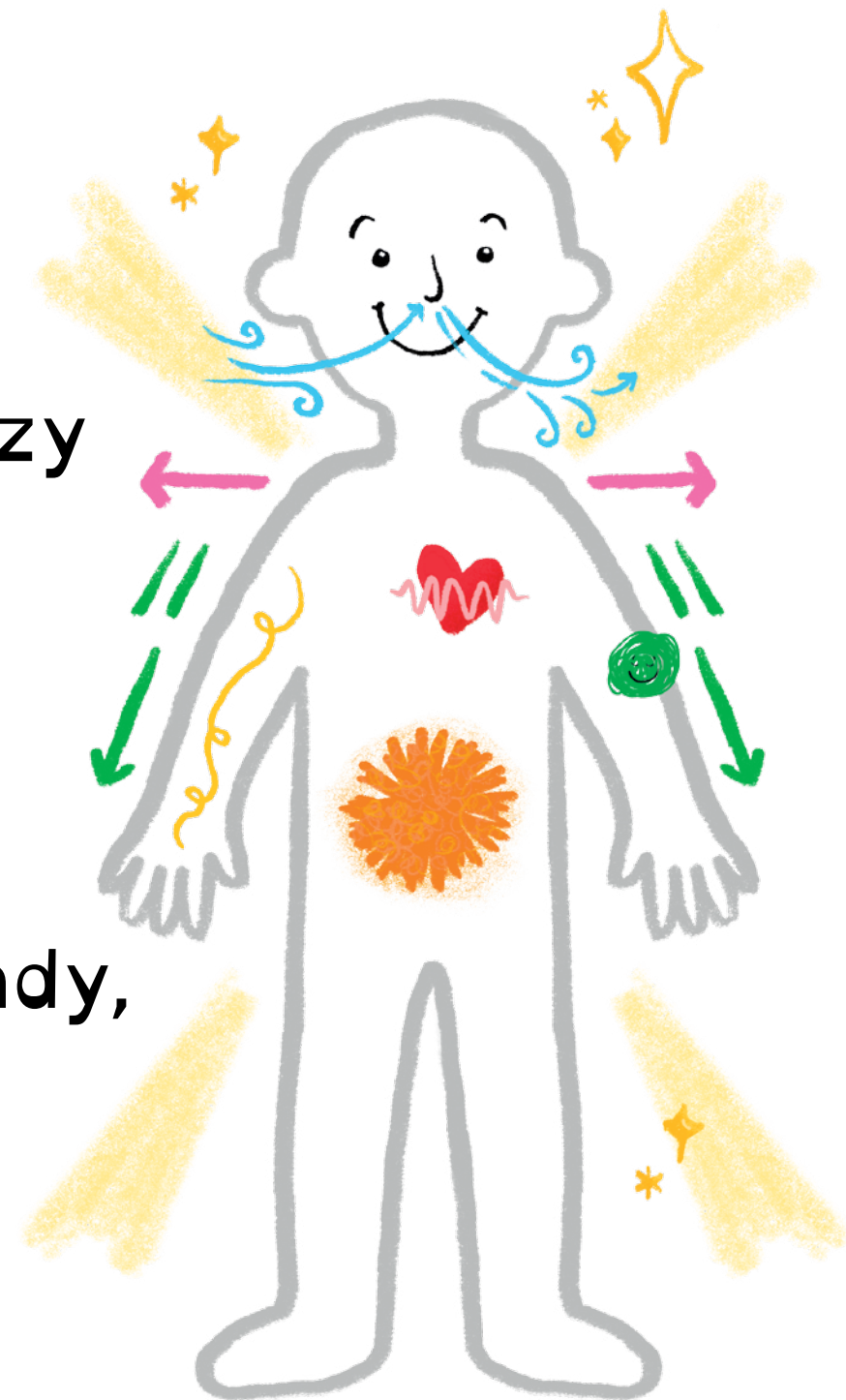


It can help you
try new things and
have lots of fun!

Confidence can
feel like a
warm and fuzzy
feeling inside.

Our heart
beat is
steady,

our muscles r e l a x
and our
shoulders feel
w i d e.



Feeling confident can help us
to try again after we make a mistake.



Because every new try
helps us to learn,



even if
sometimes we
need a little break.