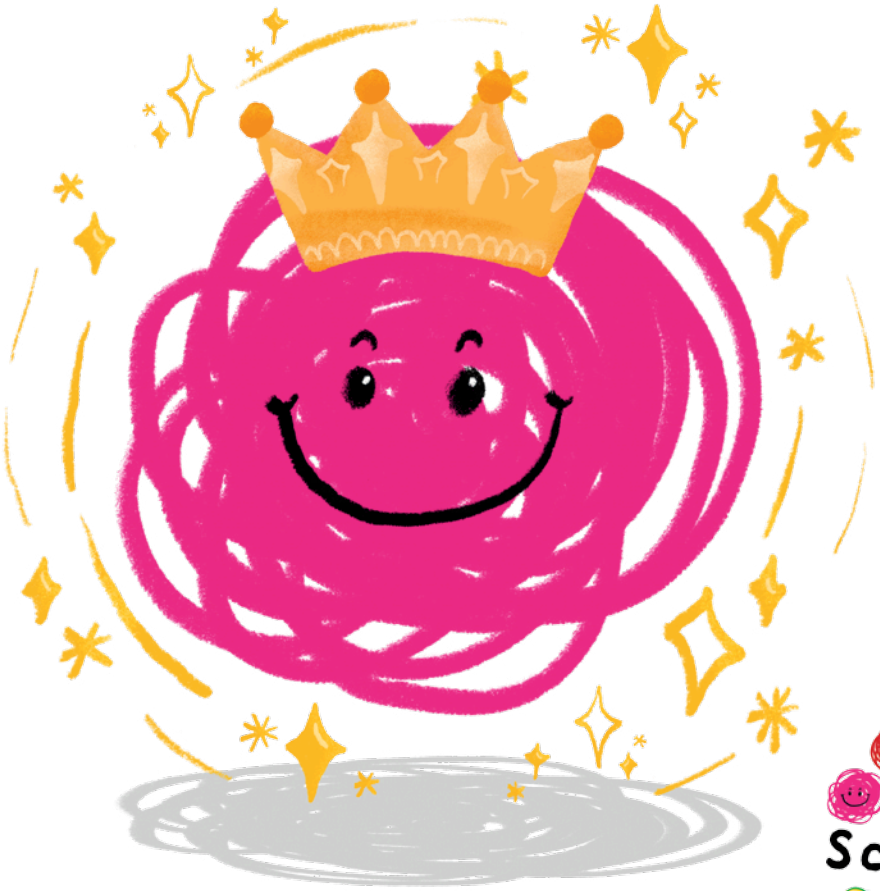
All About Confident Scribble

Untangling big emotions – one scribble at a time



The Scribbles Crew

Channon Gray



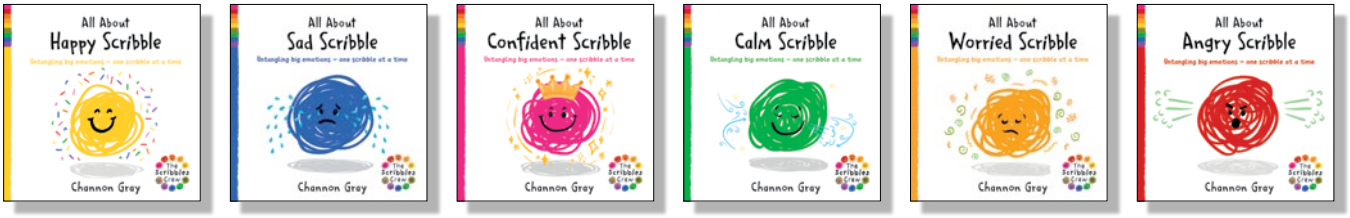
Come and join the Scribbles Crew!



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!



The Scribbles Crew

The Exciting Teacher

Scan the QR code for more great Scribbles Crew activities, sing-along songs and teaching resources specially created by The Exciting Teacher.

www.thescribblescrew.com

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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



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

confident.



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

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Written and illustrated by
Channon Gray

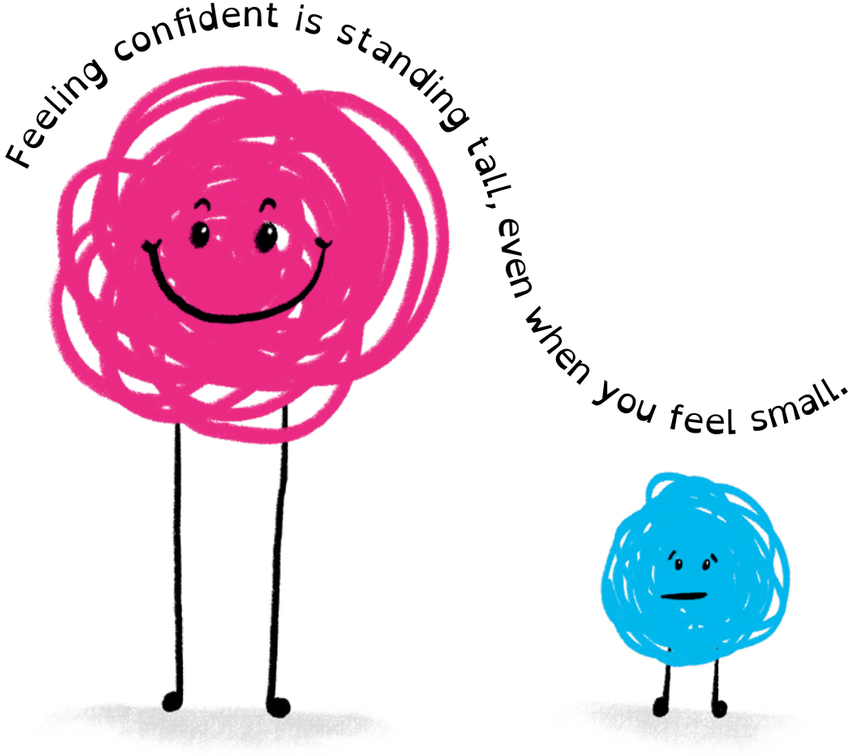


award

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...



...just as we are.

With each step we take,



we 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.



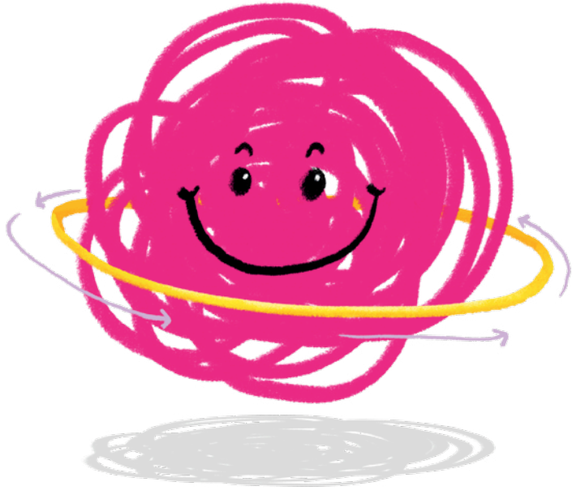
It's learning each day,
because mistakes are all part of it!





Hooray! I am Elated Scribble.

Being confident looks and feels different for everyone.

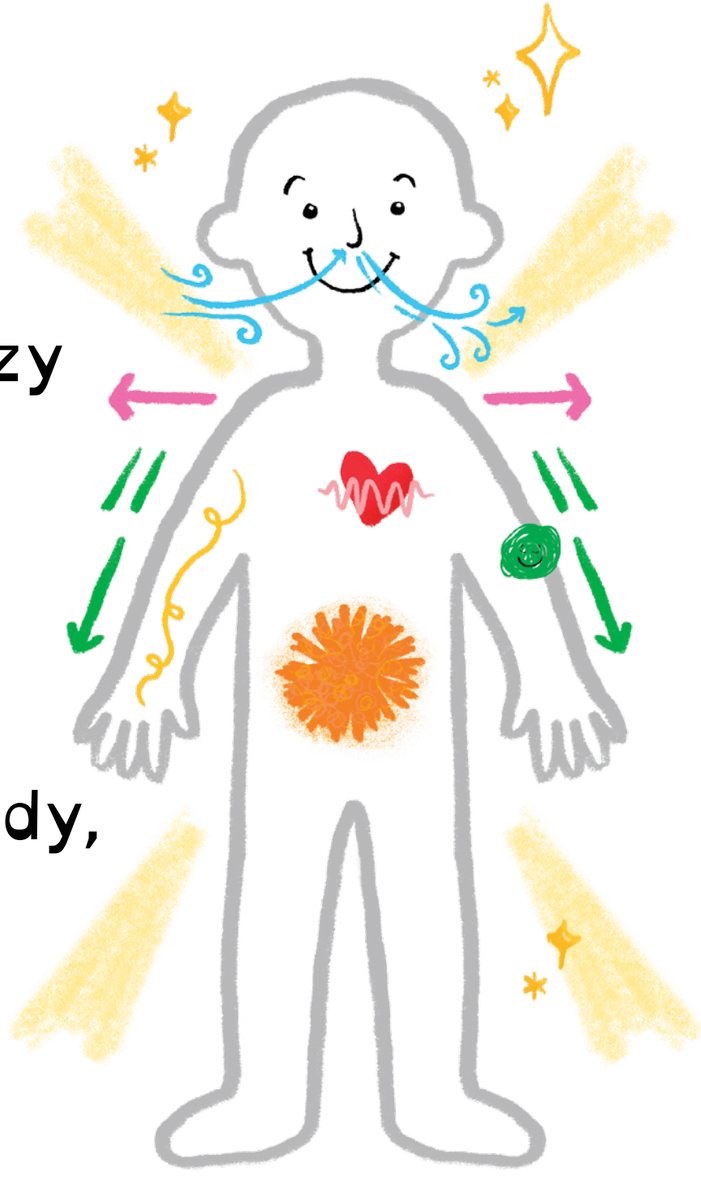


It can help you try new things and have lots of fun!

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.