



Pauper's Poets



"I Am Confident"

Expressive Writing and Art Activities
for LGBTQ+ Youth and Allies

1. Close your eyes and think of the word confident. What do you see?
Write down the images you see in your mind that represent confidence to you.

2. Now, close your eyes again and picture the word confident, but this time focus on sounds. What are some sounds an animal or a human may make when they are confident. (I.E. Roaring, laughter, whistling.)

3. Write three or more verbs that show actions of confidence.

4. What questions do you have about what it means to be confident?

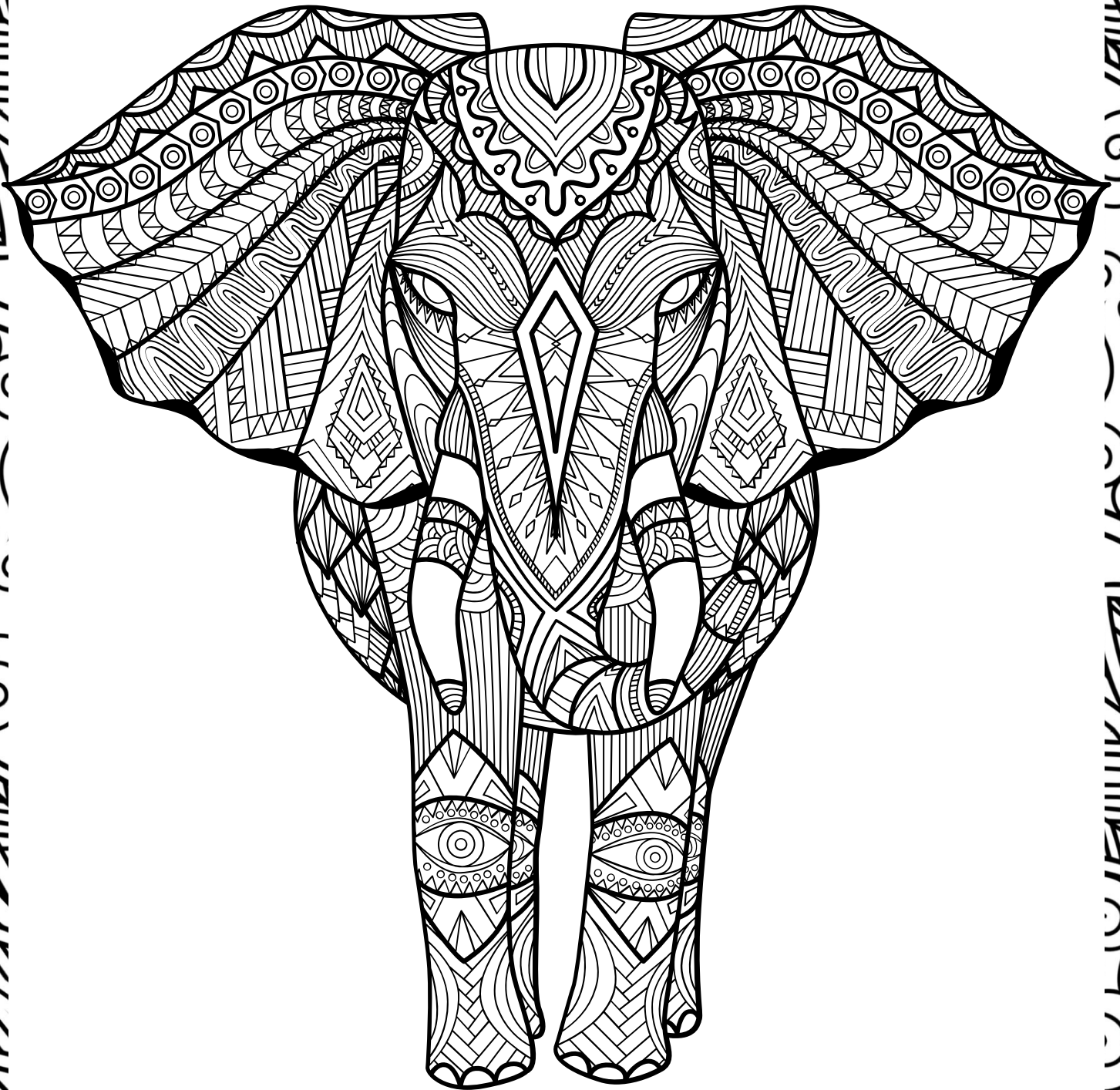
Write your questions here.

5. Write three or more similes that go with feeling confident. (A simile is a phrase that uses a comparison to describe something. For example, "cool as a cucumber.")

6. How do you feel about what it means to be confident? Can you find an interesting way to share your feelings about confidence such as with repetition or a little rhyme?

I Am Confident

by _____





I hear

I see

I wonder

when I am confident.

I want

I feel

I touch

when I am confident.

Sometimes I Worry



Sometimes I cry

I understand

when I am confident.

I say

I dream

I try

I hope

when I am confident.