

Confidence Cookie Jar

Supplies Needed:

- The printable “confidence cookies” templates
- 4 pages of white card-stock (regular printer paper can work but is not ideal)
- Scissors
- An empty “cookie” jar
- An empty plate

Best for ages 3-8. **The purpose of this activity is to assist children with developing a strong sense of self-identity.**

1. Print out the 4 “confidence cookies” pages and cut out each cookie.



2. Place the cut-out cookies in an empty cookie jar and shake the jar to mix them.

3. Take turns with your child picking a “cookie” and answering the question. Make sure to close your eyes when choosing the cookie so the question is a surprise!

4. If you choose a question that is not relevant to you (i.e., if a parent chooses a school question), put it back and choose again.



