



CONFIDENCE STARTER PACK

Mini Edition



HELPING KIDS GROW BRAVE HEARTS AND STRONG
MINDS — ONE SIMPLE ACTIVITY AT A TIME.

A FREE RESOURCE FROM KIND MIND KIDS CO
MADE WITH LOVE FOR FAMILIES RAISING KIND, CONFIDENT KIDS.

HOW TO USE

Confidence Starter Pack

Helping kids grow brave hearts
and strong minds — one simple
activity at a time.



Hi there!

I'm so happy you're here. This mini Confidence Starter Pack was created to help your child build self-belief in gentle, meaningful ways. Inside, you'll find simple affirmations, connection prompts, and an activity designed to spark confidence — all created with warmth, intention, and lots of love. Let's raise brave, kind kids together. 🧡

When to use cards? (5–7 minutes)

- Morning boost: Choose a card; child repeats after you; place it where they'll see it (mirror, backpack).
- After school: "Which card matches something you did today?"
- Bedtime: Whisper the same card or choose a new one; 3 slow breaths; "What are you proud of?"
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HOW TO USE THIS PACK

Here are some simple ways to bring confidence into your child's daily routine:

- Read one affirmation each morning or during breakfast.
- Place an affirmation card in their lunchbox or on the bathroom mirror.
- Use the activity page for a calming, encouraging moment together.
- Make it fun, simple, and pressure-free — confidence grows through repetition and connection.



I can do hard things



I am brave, even when things feel new.



My mistakes help me learn and grow.



I believe in myself.



MY SUPERPOWER STAR

1. DRAW A BIG STAR IN THE SPACE BELOW.
2. INSIDE THE STAR, WRITE OR DRAW SOMETHING YOU'RE REALLY PROUD OF.
3. AROUND THE STAR, ADD SMALL DOODLES OF MOMENTS WHEN YOU SHOWED BRAVERY, KINDNESS, EFFORT, OR CURIOSITY.
4. SHARE YOUR STAR WITH SOMEONE WHO LOVES YOU!

WHAT MAKES YOU FEEL STRONG, BRAVE, OR PROUD TODAY?



PARENT CONNECTION PROMPT

USE THIS QUESTION TONIGHT DURING DINNER, BEDTIME, OR A QUIET MOMENT:

“WHAT’S SOMETHING YOU
WORKED REALLY HARD ON
TODAY?”

THIS SIMPLE QUESTION
STRENGTHENS YOUR CHILD’S
CONFIDENCE BY HELPING
THEM NOTICE THEIR OWN
EFFORT, PROGRESS, AND
COURAGE.



 PARENT TIP: CELEBRATE EFFORT, NOT PERFECTION.
CONFIDENCE GROWS WHEN KIDS FEEL CAPABLE, NOT PRESSURED.

Thank you so much for downloading!



WELCOME TO THE KIND MIND HUB

If you loved this mini Confidence Pack, you'll enjoy our full printable collections designed to help you raise confident, kind-hearted kids.

- ✦ Confidence Activity Bundle
- ✦ Affirmation Cards Set (30+ cards)
- ✦ Daily Confidence Journal (7-day starter)

✦ Big Feelings Workbook

Explore the full range here:

👉 **KindMindKidsCoShop** on Etsy

You're doing an incredible job raising a kind, confident child. ❤️

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