

## Family Connection



### Confidence

#### Watch

Watch the [video](https://youtu.be/VCBRfStmZ44) together (https://youtu.be/VCBRfStmZ44).

#### Discuss

Use these questions to start meaningful conversations about confidence.

- What did you think of Josiah's story?
- How do you think Josiah's confidence in his ability helped him achieve his goals?

#### Activity

- Have a family game night where everyone participates in a physical activity or game that requires teamwork and encourages each other's efforts.
- Play frisbee or catch while sitting in a chair and encourage each other's efforts.