

THE CONFIDENCE CIRCUS

A WORKBOOK FOR BUILDING BRAVERY,
RESILIENCE, AND SELF-WORTH FOR YOUTH
GUIDED BY THE SANCTUARY 7 COMMITMENTS

YOUTH SERVICES DEPARTMENT
EDUCATION & TRAINING CENTER



**STEP RIGHT UP AND ENTER THE CONFIDENCE CIRCUS! IN THIS BIG TOP,
YOU ARE THE STAR OF THE SHOW. THIS ACTIVITY BOOK IS FILLED WITH
GAMES, CHALLENGES, AND FUN EXERCISES TO HELP YOU FEEL BRAVE,
STRONG, AND READY TO TAKE ON THE WORLD! EVERY GREAT
PERFORMER STARTS SOMEWHERE, AND CONFIDENCE IS A SKILL YOU CAN
BUILD – JUST LIKE JUGGLING OR TAMING LIONS.**

TICKET TO CONFIDENCE

Your ticket to the circus is a symbol of your personal journey.
Decorate your circus ticket & write down one thing you want to
get better at to grow your confidence.



WHAT IS CONFIDENCE?

CONFIDENCE IS THE BELIEF THAT YOU CAN FACE CHALLENGES, MAKE DECISIONS, AND TRY NEW THINGS WITH A SENSE OF TRUST IN YOURSELF. IT'S LIKE BEING A CIRCUS PERFORMER WHO PRACTICES EVERY DAY, LEARNS FROM MISTAKES, AND SHOWS UP READY FOR THE SPOTLIGHT. CONFIDENCE DOESN'T MEAN YOU'RE NEVER SCARED – IT MEANS YOU KNOW HOW TO HANDLE FEAR AND KEEP MOVING FORWARD.

What does confidence mean to you?

When do you feel the most confident?

What does a confident person look like?



THE RINGMASTER'S VOICE: SPEAK WITH CONFIDENCE

The Ringmaster is the leader of the circus! They use their powerful voice to communicate clearly and confidently to introduce acts, guide the show, and keep things exciting. **Open communication** helps us share our thoughts, feelings, and ideas. When we communicate openly, we build trust and confidence in ourselves and others.

Imagine you are Ringmaster of your own life. Write a bold circus announcement about yourself with three amazing strengths that you have.

**LADIES AND GENTLEMEN,
PRESENTING THE _____,
_____, AND _____
_____!**
(Your name)

BONUS: Practice reading
it out loud in your
biggest, most
confident voice!



THE JUGGLER'S EMOTIONS:

BALANCE YOUR FEELINGS

Juggling is an act that requires focus, skill, and balance -just like managing your emotions! **Emotional intelligence** is knowing how to recognize, understand, and manage your feelings. When we balance our emotions, we can feel confident in any situation.

What emotions do you feel often?

How can you manage these emotions in a positive way?

How do your emotions change when you're facing a challenge?

How can you stay calm and focused like a juggler?

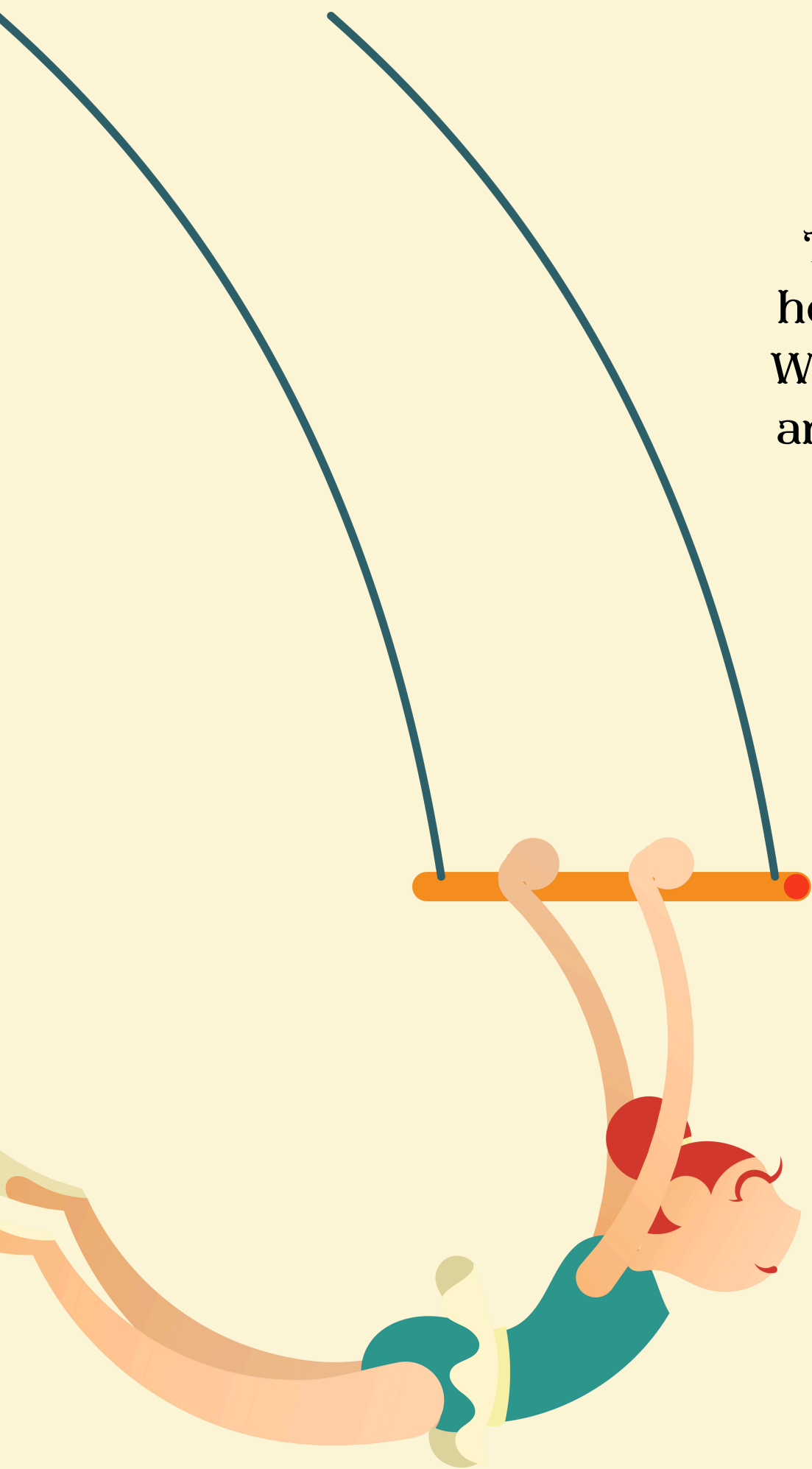


THE ACROBAT'S TEAMWORK: LEARNING TOGETHER

Acrobats need to trust their partners and learn from each other to perform their daring stunts. **Social learning** is about learning from others and sharing knowledge to grow together. Building confidence means recognizing how we can help others and learn from them, too!



Think of a time when someone helped you learn something new. Write about how they helped you and how you felt more confident after learning from them.



THE CLOWN'S HELPING HAND: BUILDING CONFIDENCE THROUGH KINDNESS

Clowns help bring joy and laughter to the circus, showing how we can lift others up. **Social responsibility** is about taking care of each other and contributing to a positive, supportive environment. When we help others, we build our own confidence, too!

Think of a way you can help someone else today, whether it's a friend, family member, or classmate. How will helping them make you feel more confident?



VOTING FOR THE NEXT BIG ACT

In a circus, everyone gets to vote on the next performance. Just like in a community, your voice matters. **Democracy** is about making decisions together and respecting everyone's voice. When we work together and value everyone's input, we build a confident, inclusive community.

Vote for your favorite circus act!

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BALLOT

☐

ACROBATS

☐

CLOWNS

☐

ANIMAL TRICKS

BONUS: Why is it important to listen to others when making decisions?



THE TRANQUIL ELEPHANT: CONFIDENCE THROUGH PEACEFUL ACTIONS

An elephant in the circus is gentle and calm, even when performing exciting acts. **Nonviolence** means being kind, calm, and respectful, even in difficult situations. When we respond peacefully, we build confidence in our ability to handle any challenge.

Write about a situation where you stayed calm and peaceful, even though you were upset or frustrated. How did it make you feel more confident in your ability to handle challenges?



BONUS: How can you stay calm like the elephant when faced with a tough situation?



THE STRONGMAN'S JOURNEY: CONFIDENCE THROUGH PRACTICE

The strongman builds his muscles by training every day, and just like him, you can build your confidence with practice. **Growth and change** happens over time, and each step you take builds your strength and belief in yourself.

What's one thing you can practice every day to grow your confidence?



A MAGICAL JOURNEY TO CONFIDENCE

Step right up to the Magical World of Confidence, where each magical trick will help you build your confidence. You will discover how **Safety, Emotion Management, Loss & Change, and Future (S.E.L.F.)** are all part of the magic that helps you become more confident.

THE SAFETY SPELL

Every magician needs protection. With the flick of his wand, the magician casts a powerful safety spell, creating a protective cloak. What makes you feel safe and protected?



THE EMOTION TRICK

The Magician uses a magical mirror that shows not only the outside but also reflects the emotions inside. What emotion do you feel right now? What coping skills can you use to make you feel better?



A MAGICAL JOURNEY TO CONFIDENCE



THE LOSS & CHANGE CHARM

The Magician performs a Vanishing Act, where he makes things disappear and reappear, showing that loss and change are part of the magic. Write about a time when something changed in your life. How did you handle it? What new magic did you discover from that change?

THE FUTURE SPELL

The Magician looks into his Crystal Ball, where the future is revealed. What dreams and goals will you discover when you look into your own future?



Palm Beach County
Board of County Commissioners

THE LION TAMER'S COURAGE

Lion tamers step into the ring with confidence, knowing they can handle challenges. They face their fears head-on. Confidence isn't about never feeling afraid - it's about doing things even when you are scared!

Pretend the lion represents something that scares you. Now, draw yourself as a confident lion tamer facing it! How can you handle this fear?



BONUS: What's a fear
you have already
conquered?



CIRCUS ACTS & **CONFIDENCE** TRAITS

MATCHING GAME

Can you match the circus performer to their confidence-related trait? Draw a line from each performer to the trait that best described them.

RINGMASTER

CREATIVITY & SELF-BELIEF

JUGGLER

TRUST & PATIENCE

ACROBAT

RISK-TAKING & BRAVERY

CLOWN

FOCUS & MULTI-TASKING

ELEPHANT

LEADERSHIP

STRONGMAN

RESILIENCE & HUMOR

MAGICIAN

**DETERMINATION
& HARD WORK**



Who do you most relate to?



THE CONFIDENCE CIRCUS WORD SEARCH

T	I	C	C	L	O	W	N	R	T	B	A	N	L
O	R	I	E	T	I	N	E	S	E	T	C	A	C
E	G	R	O	W	T	H	P	L	W	S	R	M	O
A	L	C	C	L	S	O	I	R	E	B	O	G	N
G	C	U	O	C	T	E	D	O	J	R	B	N	F
U	G	S	N	L	V	E	B	Y	U	I	A	O	I
R	C	N	I	E	S	G	A	R	G	N	T	R	D
G	A	G	G	M	T	A	L	E	G	G	U	T	E
M	H	C	E	P	R	R	A	V	L	M	C	S	N
T	I	I	O	O	E	U	N	A	E	A	E	S	C
Y	N	G	A	W	N	O	C	R	R	S	I	V	E
G	J	A	R	E	G	C	E	B	C	T	E	J	S
R	N	M	W	R	T	N	S	I	A	E	U	R	G
A	A	U	U	E	H	S	U	E	T	R	R	O	R

Ringmaster
Growth
Acrobat
Balance
Strength

Spotlight
Believe
Juggler
Courage
Bravery

Empower
Clown
Strongman
Magic
Circus

Bonus: Confidence





THE SPOTLIGHT STAR!

You've completed your journey through The Confidence Circus, and now it's time for YOU to step into the spotlight! Just like the stars of the circus, YOU have the power to shine brightly. Draw yourself in the spotlight, doing something that makes you feel confident and proud.





WHAT IS THERAPY?

Therapy is a safe space and judgment-free zone where you can talk about your thoughts and feelings with someone who listens and helps you find ways to feel better. It's a place to learn new skills, build confidence, and get support when life feels tough.

Why is Therapy Helpful?

- A safe space to share feelings
- Teaches tools to handle stress, anxiety, and emotions
- Better communication with friends & family
- More confidence in yourself
- Healing & support for tough experiences

Breaking the Stigma!

Taking care of your mental health is just as important as taking care of your physical health. Therapy isn't just for big problems —it's for anyone who wants to grow, heal, and feel their best. Asking for help is a sign of strength!

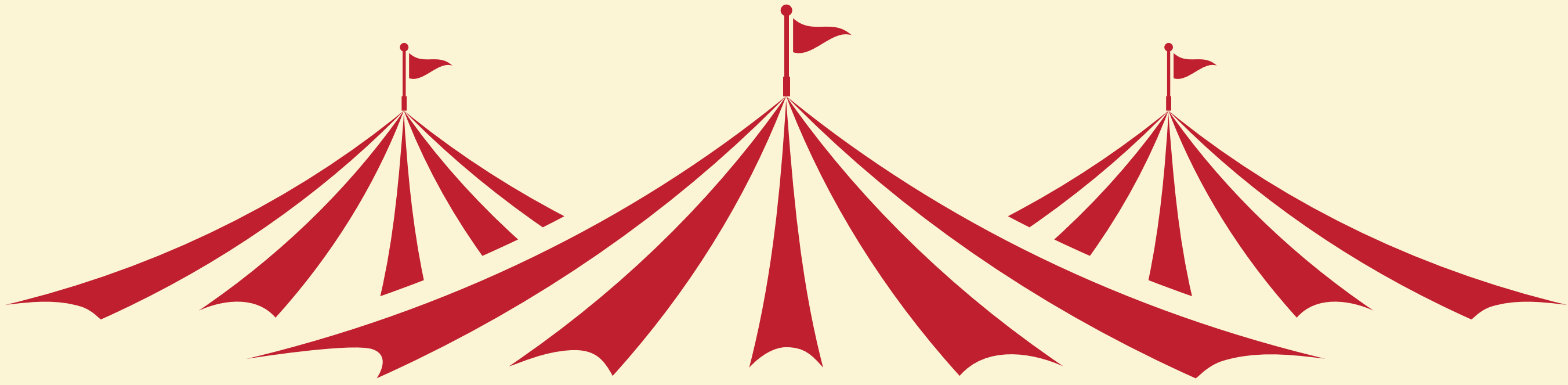
Let's Normalize Therapy!

- It's okay to ask for help
- You don't have to go through things alone
- Everyone deserves support and care

Your mental health matters.
You matter.

Therapy is here to help you feel heard, understood, and stronger everyday!





FREE THERAPY SERVICES IN PALM BEACH COUNTY!

IN-PERSON AND TELEMENTAL HEALTH SERVICES OFFERED FOR AGES 0-22

Education & Training Center

100 Australian Ave, Suite 210, West Palm Beach, FL 33406
(561) 233-4460

Highridge Family Center (Residential)

4200 N. Australian Ave, West Palm Beach, FL 33407
(561) 625-2540

Youth & Family Counseling - West County

38754 State Road 80, Belle Glade, FL 33430
(561) 992-1233

Youth & Family Counseling - North County

3188 PGA Blvd., Room 1436, West Palm Beach, FL 33410
(561) 242-5714

Youth & Family Counseling - South County

345 S. Congress Ave, West Palm Beach, FL 33445
(561) 276-1340

Youth & Family Counseling - Four Points

50 S. Military Trail, Suite 203, West Palm Beach, FL 33415
(561) 242-5714

pbc.gov/youthservices

