

# Chapter 4: The Fist Bump Boost™



## Discussion Points:

### Positive Reinforcement:

- Discuss Malik's use of the 'Fist-Bump Boost' to boost confidence. How does positive reinforcement impact his public-speaking success?
- Explore the concept of celebrating small achievements for increased motivation.

### Building Confidence:

- Talk about the conclusion where Malik's 'Fist-Bump' Habit becomes his secret to boosting confidence. How can positive habits contribute to self-assurance?
- Encourage children to develop their own positive reinforcement habits.

### Supporting Each Other:

- Discuss the importance of Sarah's role in supporting Malik. How does mutual support contribute to personal growth?
- Encourage children to reflect on ways they can support and uplift their peers.