

BY NADIA CHILDRES

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# Lights, Camera, Confidence!

Family Games  
That Build  
Bravery and  
Imagination in  
your Little Star



LilyRozeStudios.com

# Welcome Letter from Nadia

Hey Parents,

I'm Nadia Childres, the founder of LilyRoze Studios. For almost two decades, I've had the joy of helping young people find their voices through acting, film, and creative play. I've seen shy kids turn into leaders, quiet ones grow into storytellers, and unsure voices become confident and clear.

**Here's the truth: confidence can be practiced.**

And it doesn't take a big stage or fancy equipment—just connection, laughter, and a little imagination.

This guide is a collection of ten quick, low-pressure games you can play with your child right at home. They build self-esteem, communication, and courage—one giggle at a time.

Let's get started.

- Nadia

# How to Use This Guide

- Pick one or two games per week.
- Each activity takes about 10–15 minutes.
- Keep it fun—don't correct or critique.
- End every game with encouragement.
- Join in! Kids love seeing parents play too.

You'll only need a few basics: paper, markers, a mirror, a timer, and maybe your phone's camera for recording.



# Mirror Me

Take turns being the “mirror.”

One person makes slow movements, and the other copies every move exactly.

Switch roles every minute.

## Why it works

This builds focus, empathy, and nonverbal awareness. Kids learn how to watch closely and connect through movement.



# 10-Second Story

Give your child one word—like dog, superhero, or cookie.

They have 10 seconds to tell a short story that starts and ends with that word.

## Why it works

Encourages creativity, storytelling, and thinking on their feet. Let them make mistakes—it's all part of learning expression.

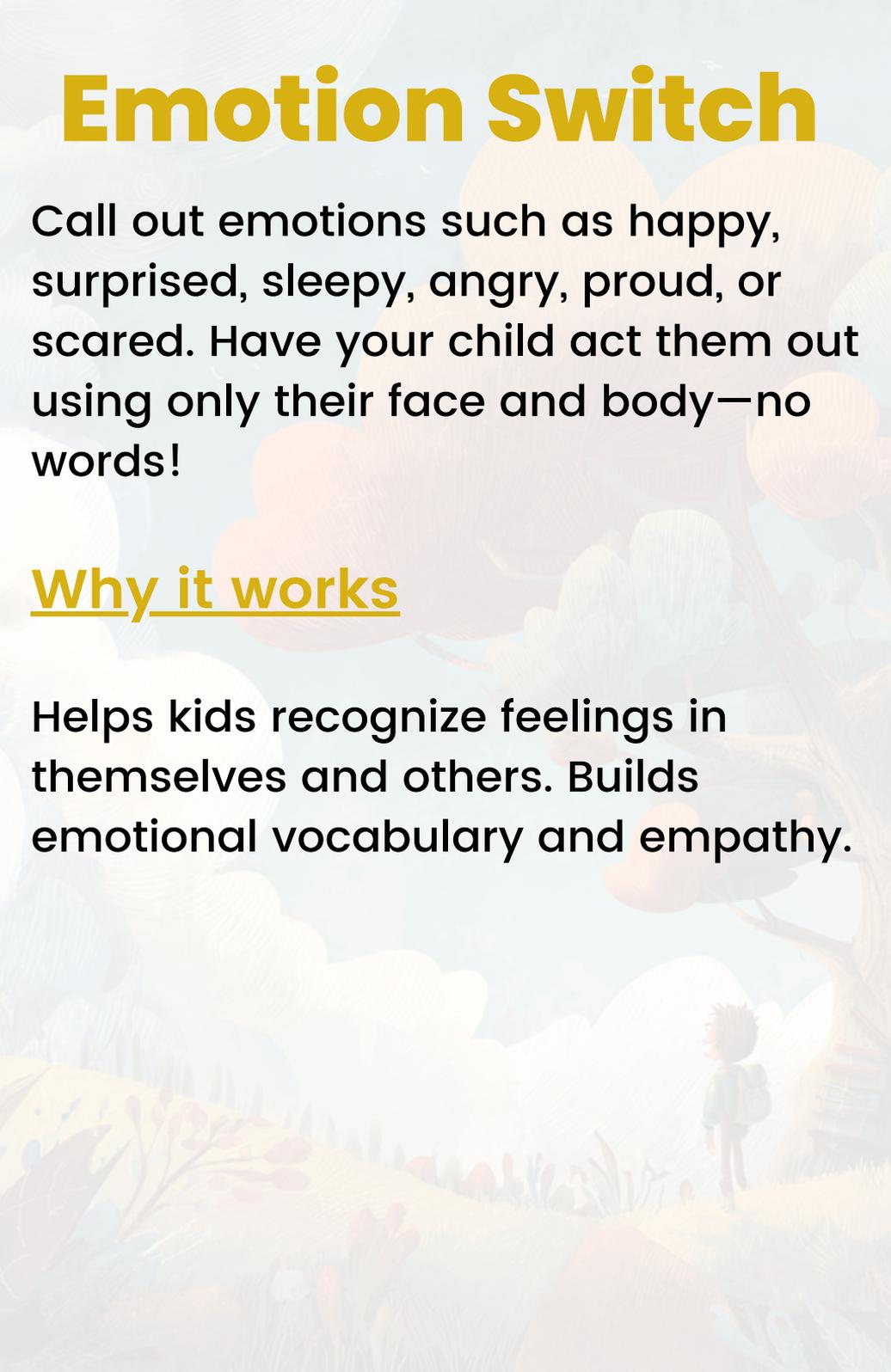


# Emotion Switch

Call out emotions such as happy, surprised, sleepy, angry, proud, or scared. Have your child act them out using only their face and body—no words!

## Why it works

Helps kids recognize feelings in themselves and others. Builds emotional vocabulary and empathy.



# The Big Picture

Confidence doesn't happen all at once—it grows in moments of encouragement and joy.

Each game is a small rehearsal for real-life courage: speaking up in class, making new friends, or standing tall on stage.

You'll start to notice:

- More eye contact
- Stronger communication
- A happier, more expressive child
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Every great performer starts at home—with someone who believes in them.



# About LilyRoze Studios

Founded by Nadia Childres in 2007, LilyRoze Studios is a creative home where children learn acting, storytelling, and film in a safe and supportive environment.

## OUR MISSION IS TO:

- Transform young lives through artistic expression.
- Build confidence and responsibility through performance.
- Unite communities through the power of creativity.

## LILYROZE OFFERS:

- Saturday Acting Labs
- Mother's Day Out Programs
- Summer Camps & Film Intensives

Visit [LilyRozeStudios.com](http://LilyRozeStudios.com) to learn more and join the Dallas Parent List.

# Join the Fun!

Ready to see your child shine?

Try a free acting class or join our next workshop.

👉 Reserve a Free Workshop Seat at [LilyRozeStudios.com](https://LilyRozeStudios.com)

👉 Follow @LilyRozeStudios on Instagram for daily inspiration

Confidence starts with play—  
and play starts here.