

Confidence - Activity 1

Changing your mind



Time Taken: 30 - 40 minutes

Skills Developed:



Confidence



Resilience



Self-awareness

Resources Required:

- This worksheet

During this activity you will:

1. Identify confident people
2. Define confidence
3. Explore strategies for building confidence

Learning Outcomes:

1. Understand and define confidence
2. Develop strategies for building confidence

Which people are confident?

Who are the 3 most confident people you can think of? They should be a mixture of famous people and people you know in real life.

Task: List the 3 most confident people that you know. For each one, add a sentence explaining what makes them confident.

Person 1:
How are they confident?

Person 2:
How are they confident?

Person 3:
How are they confident?

Defining Confidence

Do you know what the word confidence means?

Task: Do you think that confidence is about being good at something? Tick the box below and write a sentence next to your choice explaining it.

True

False

A future where all young people are confident, resilient and lead fulfilling lives

Task: Read our definition of confidence and quotes from famous individuals throughout history.

Confidence = “I like who I am and I believe in myself.”

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do.” – **Eleanor Roosevelt**

“Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.” – **Mahatma Gandhi**

Task: Use the explanations of confidence to answer the questions below:

- 1. Do you need to be good at something to be confident about it?**
- 2. How should you respond to being afraid of doing something?**
- 3. How can you become more confident?**

Task: Write a definition of confidence in your own words.

Confidence is.....

A future where all young people are confident, resilient and lead fulfilling lives

How to build confidence

Task: Read the information about how to build confidence

As you saw in the previous task, confidence is about believing that you are valuable, worthwhile, and capable. This can empower you to act courageously and face challenges head on.

Whilst there are some aspects of confidence that you don't have any control over, a huge part of developing confidence is the choices you make, the risks you take, and how you respond to challenges and setbacks.

Read on for some practical tips on how to build confidence.

One short-term way of building confidence when starting a task is to picture in your head what success in that task will look like. You might also adopt a powerful pose, listen to music with deep bass, and give yourself a pep talk to support you to achieve the success you have pictured in your mind.

Another way of building confidence is to believe that your abilities can improve. Avoid thinking that your talents and abilities in a particular area, for example football, are fixed and cannot change. This is called a **fixed mindset**. Instead, believe that with practice and hard work, your abilities can improve. This is called a **growth mindset**. There is scientific evidence for this. Practice and study help the connections in your brain become stronger over time.

A final way of building confidence is practising failure. You will fail at some point. J.K. Rowling was rejected by 12 publishers before somebody finally decided to publish the Harry Potter books. Rather than getting upset or angry at failure, try to respond constructively. Look for strategies for success and ask people for their advice in how to succeed. Accept that you will make mistakes and be kind to yourself when you do.

Task: Write down three quick tips for building confidence from the information above.

1.

2.

3.

Optional Task - Sharing Your Learning

The following task is an optional one to help develop your learning further. One of the best ways to consolidate your learning is to share what you have learned with someone else.

Can you explain the concepts of confidence and growth mindset to someone else?

Task: Write a letter, email or text message to a friend or family member. It should explain what the terms 'confidence' and 'growth mindset' mean. You should try to include the features below.

- What the word 'confidence' means
- An example of someone who is confident, and how they show it
- What the term 'growth mindset' means
- An example of when you or someone else you know has shown a growth mindset
- How having a growth mindset can help you to build confidence