

## WEEK 1 – What does confidence mean?

Each activity has been specifically crafted for you to feel like you can take on anything.

Before we begin have a think about how you are feeling and where you think you are on this confidence scale.



0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

In the weekly get together we will have a chat about what people think the word confidence means and importantly what confidence means to you.

A large, empty, rounded rectangular box with a blue border, intended for writing a response to the question about the meaning of confidence.

## FAITH

Having faith in yourself is believing that you can do something

*I have **FAITH** that I will pass my exams.*

## POSITIVE

This is a good attitude towards doing something. It's very difficult to be sad and confident at the same time!

*I feel **POSITIVE** that I can do this!*

## BELIEF

This is similar to faith. Believing you can achieve something.

*I have **BELIEF** that after my hard work, I will achieve what I want in life.*

## COURAGE

This word is about taking action, doing something. Positive action needs courage.

*I have the **COURAGE** to stand up and ask for help.*

## PROOF

Proving you can do or have achieved something. Proof strengthens confidence.

*I have **PROOF**, I have certificates of my achievements. I have grown and feel confident.*

## TRUST

To be confident you must be able to trust yourself, knowing that you can achieve it!

*I **TRUST** myself to be able to make and follow my own plans to achieve my goal.*

## BRAVE

You may feel nervous about doing something but you try your best. This is brave!

*I was **BRAVE** and tried even though I didn't think I could do it.*

## FEARLESS

Being fearless is doing something that you are not confident in doing

*I was **FEARLESS** when I climbed that ladder and went down the high slide!*