

# Building Confidence

## Confidence



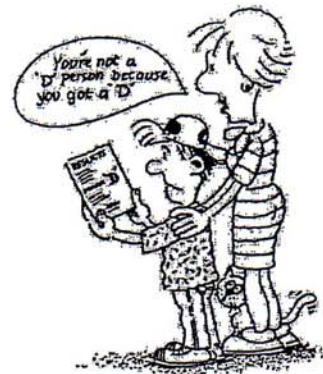
### Confident Behaviour

- Raises hand to answer a difficult question
- Does hard work without asking for help
- Continues to work on a difficult assignment without asking for help
- Shares a new idea with teacher, class, or family
- Presents a "difficult" talk to class
- Introduces himself/herself to someone new
- Speaks loudly and clearly when asking or answering a question in class
- When answering a question in class, provides a non-conforming, creative answer
- Greets adults with good eye contact and uses their name
- Offers to take responsibility for organising a family event

## Confidence

### Things to Say to Encourage Confident Behaviour

- "That took confidence."
- "That wasn't easy to do, but you did it."
- "You are not afraid to take risks."
- "You had a confident voice when you spoke in class."
- "You really stood up for what you believed!"
- "You were not afraid to make a mistake. Good for you."
- "Predicting success helps you get there."
- "You have a positive approach to your work."
- "You did not get too upset with yourself for not achieving a good result."
- "You looked confident."



### Teach the Following Types of Thinking

- **Accepting Myself:** Do not think badly of yourself when things go wrong.
- **Taking Risks:** When learning new things, do not be afraid to make mistakes.
- **Being Independent:** It is important to try new activities, even if your classmates think you are silly or stupid.
- **I Can Do It:** When trying difficult activities, it is helpful to think you are more likely to be successful than to fail.