

How to help: CONFIDENCE

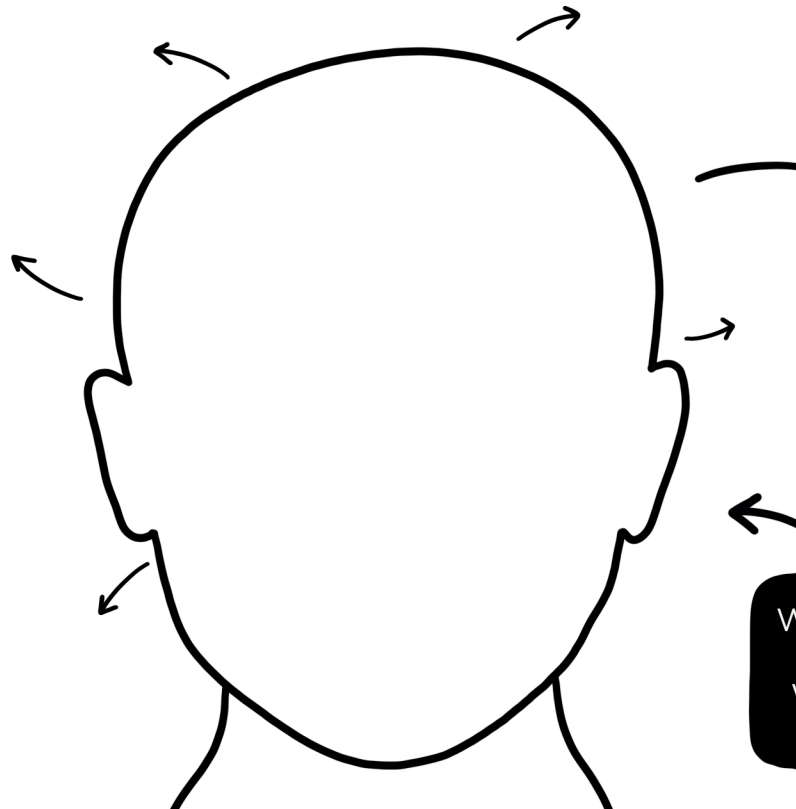
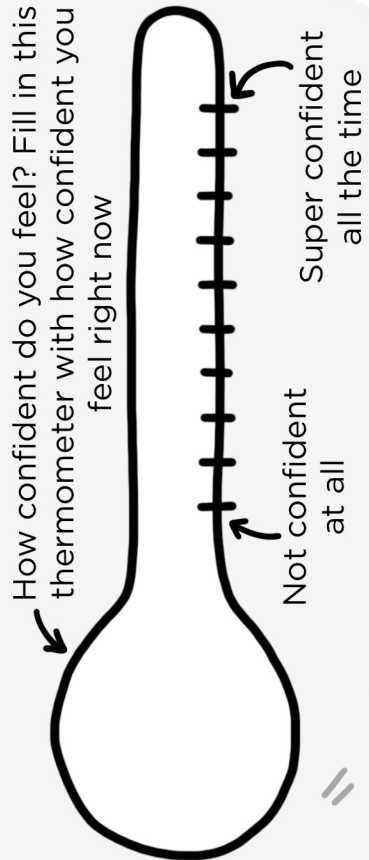
For kids

What do you think confidence is?

Confidence is about believing in yourself and understanding and accepting who you are. It doesn't necessarily mean you are loud and very outgoing. You can be quiet but still be confident. People can also be the life and soul of the party but might not feel comfortable inside.

A blessing from 1 Thessalonians 3:11 "May you be infused with strength and purity, filled with confidence in the presence of God." (MSG)

What kinds of things can knock your confidence back and make you feel less confident?



CONFIDENCE

What does a confident person look like? Write and draw what you think here:

Where does confidence come from and how do we find it?

Persistence

...try, try and try again. We all get knocked back sometimes and things rarely go perfectly the first time

Praise

...celebrate the things that you enjoy

Preparation

...is the key to growing confidence. The more 'getting ready' that you do, the more likely you are to be confident in what you are doing

The 5 P's to grow your confidence

Progress

...when we make mistakes there will be loads we can learn to make it better the next time

Practice

...when we spend the time learning something, the more we'll understand it and the more confident we'll become

Pssst!

Make sure that you don't put other people down to make yourself feel better. It doesn't actually work!

What is something that you tried and did really well at?

What is something that you've tried that challenged you?

What is something that you didn't go very well or you failed at?

YET

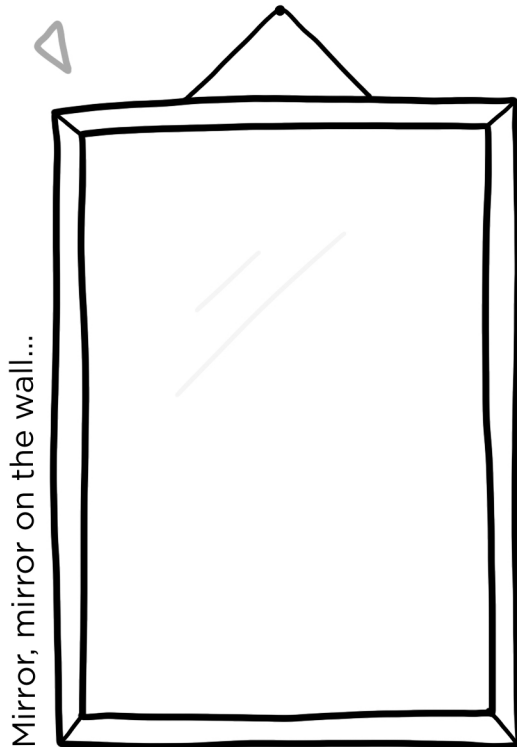
... there is more to come! Your talents, skills and understanding aren't fixed. You can grow.

One way to have confidence to do something (like having to stand in front of your class and say something) is to practice it in front of a mirror.

Think of something that is coming up in your life that you might not be feeling very confident about. In this mirror write down 3 positive things about yourself. If you find this tricky ask someone you trust to share what they think.

NEW

Usually people don't feel confident with 'new' things. The more you try new things and put yourself into new situations, the more you'll build confidence. If a new situation scares you, then something that can help is picturing yourself in the situation before it happens and thinking it through before you go into it. If you picture it going well, it can help you to feel more confident when it really happens!



Mirror, mirror on the wall...