



Definition

People who are **Confident** are not afraid of making mistakes and are willing to try something new. They believe they will be successful if they work hard. People who are **Confident** are not afraid to meet new people and like making new friends. They speak in a clear voice and communicate openly with others.

What People Who Are Confident Look Like:

- They participate in new, unfamiliar activities.
- They do their work without constant help.
- They introduce themselves to someone new.
- They use a clear voice and eye contact when speaking to others.
- They politely say hello and good bye to people.
- They share new ideas with family and peers.
- They answer questions loudly and clearly.
- They address an audience positively.
- They offer to take control of organising events or activities.



Confidence

What To Say To Encourage Confident Behaviour:

- Well done for trying something new.
- That wasn't easy to do but you did it.
- You're not afraid to try something new.
- You had a confident voice when you spoke.
- That took confidence to do that by yourself.
- You did not get too upset when you made a mistake, well done.
- You were not afraid to have a go, great effort.
- You looked confident doing that.

What To Do To Help With Confidence

ACCEPTING YOURSELF – Encourage children to be accepting of themselves. Everyone is special. Everyone is likeable and good at doing many things and is capable of getting better at things they work on.

TAKING RISKS – Making mistakes is a natural part of the learning process. It is OK to make mistakes and is actually a great teaching tool when learning new things.

BE INDEPENDENT – Encourage children to attempt things by themselves. It is also important to be supportive of children doing things that are different to other children if they want.

YOU CAN DO IT – Talk about how through careful planning and hard work even the hardest things are possible.