



BUILDING CONFIDENCE

Confidence means believing in yourself
and knowing that you can do hard things!
You are amazing just as you are!



WHAT IS CONFIDENCE?

It's how you feel about yourself.
It helps you:

- ✓ Try new things
- ✓ Make mistakes and keep going
- ✓ Speak up for yourself
- ✓ Make friends
- ✓ Keep going, even when things are hard



Remember: Confidence grows every time you try!



BUILD CONFIDENCE EVERY DAY!

Try these simple ideas:

- ✓ Be kind to yourself
- ✓ Celebrate small wins
- ✓ Step out of your comfort zone
- ✓ Focus on what you CAN do
- ✓ Learn from mistakes
- ✓ Surround yourself with positive people



Remember: Small steps lead to big change!



MY STRENGTHS

What are you good at?
Write or draw 3 of your strengths below.

1

2

3



Remember: You have so many great qualities!

HELPFUL THOUGHTS TO BOOST CONFIDENCE

I can try my best.



It's OK to make mistakes.



I am getting better.



I am proud of myself.



I can do hard things!



I am unique and special.



DID YOU KNOW?

Everyone feels nervous sometimes. Even people who seem really confident! Confidence is something you can build, just like a muscle!



CONFIDENCE CHALLENGE

Try one new thing every day this week!
It might be something big or something small.

	MON	TUE	WED	THU	FRI	SAT	SUN
My challenge							
I did it!							
How I felt							



I CAN DO IT!

Draw a picture of something you are proud of yourself for.



TIPS FOR BUILDING CONFIDENCE



Talk positively to yourself.



Spend time with people who support you.



Learn new skills.



Help others.



Set goals and keep trying.



Celebrate your achievements!



You are enough.

You are doing your best,
and that is something
to be proud of!



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