Confidence

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.

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.