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 him/herself to someone new
 ➔ Speaks loudly and clearly when asking or 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.