
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
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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.
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