



Health & Wellbeing



3

THEME: Social Well-being – Increasing confidence

The following session focuses on increasing the confidence of participants and helping them become more aware of their strengths. If young people feel more confident in their strengths and abilities, they are more likely to engage with others and participate in physical activity.

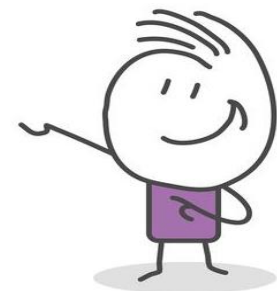
LEARNING OBJECTIVES

1. Understand the characteristics of confidence.
2. Identify the factors that can increase or decrease confidence.
3. Develop tools to increase your confidence.

CONTENT	METHODS/ RESOURCES	APPROX. TIME
<p>Introduction</p>	<p>Icebreaker: This activity promotes physical activity, active debate and can be tailored to the topic of the session. One side of the hall is labelled as true, the other false and the middle is unsure. The facilitator will shout a range of different statements and participants must run to the area they believe is associated with that. For example, “confidence is something you are born with” or “you cannot build confidence”. Young people will then make their decision. This enables the practitioners to stop the session and ask them to explain why they made their decisions and justify these. This will help establish baseline knowledge and can act as a reference point for topics included in the session.</p> <p>Introduction to self-confidence- what it is, and why it is important. (Slide 2)</p> <p>What does self-confidence mean to you? Flip chart paper and overall group discussion. (Slide 2)</p> <p>Reflective Task: are you self-confident?</p> <p>If not why, if so, why?</p>	<p>45 minutes</p>



Activity	<p>In pairs, what impacts confidence and self-esteem? (Slide 3) Remaining in pairs, how can we build our confidence and self-esteem? (Slide 4)</p> <p>Debrief: There are a range of factors that allow us to build self-confidence and self-esteem. The slides will outline several of these although discuss the importance of undertaking challenges. The more challenges you overcome and goals you achieve, you will experience a sense of accomplishment, this can be extremely important to improve confidence and self-esteem.</p>	15 minutes
Activity to Improve Self Esteem	<p>Individual task- make a list of all the positive things about you and your achievements or challenges you have overcome.</p> <p>Task in pairs - break off and tell your partner about all the positive qualities you have and the challenges or achievements you have completed or overcome.</p> <p>Collective task- how did this go? Present some of these to the group.</p>	30 minutes
Arts & craft activity that promotes healthy thinking and enhances collective group confidence	<p>Activity: In pairs, draw a picture of you and pass your image to your partner. Your task is to highlight all the POSITIVE things about that person in the picture. Do you agree with partner's picture? Does the group agree? Is there anything POSITIVE that can be added? Each young person will receive various compliments about aspects they did not value and therefore increase confidence. (Participants cannot disagree with compliments). (Slide 5).</p> <p>For positive self-confidence: Draw a coat of arms that best describes you and your talents. Having documents and photos that illustrate the strengths of a participant can be invaluable assets.</p>	30 minutes
Fun Activity for Confidence Building	<p>Break the groups into 3's, each group is tasked with identifying their key skills, showing the group this and teaching these to the peers.</p> <p>This activity can be videoed or documented to show progression and achievement. This can be used as evidence of learning and an alternative method of assessment to the workbook.</p> <p>Resources for this activity will vary depending on what young people need. For example, hula hooping, kicking a football, shooting a basketball.</p>	30 minutes



Positive Self-Confidence – Coat of Arms

