



Health & Wellbeing



THEME: Social Wellbeing – increasing confidence

Confidence is extremely important and needed for participants to engage in physical activity, create and maintain positive relationships and look after their emotional wellbeing.

At the end of this session, participants will understand that self-confidence is an important feeling or belief to have. They will have a better understanding of what elements in their lives enhance and impair their confidence levels.

Young people may start to develop practical ways in which to increase confidence, resilience and self-esteem.

LEARNING OBJECTIVES

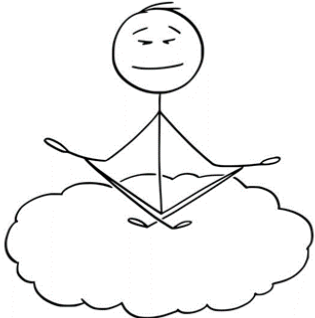
1. To understand what confidence is and why it is important.
2. To critically evaluate what elements in our lives can enhance increase or decrease confidence levels.
3. To learn practical ways to Increase confidence, resilience and self-esteem.

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will gain an

CONTENT	METHODS/ RESOURCES	APPROX. TIME
Introduction & Gauge baseline understanding.	Icebreaker: This activity promotes physical activity with 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.	10 minutes
	Think – Pair – Share – method of delivery is guided learning and through the principle of think about the subject and task, pair up in small groups and discuss and share to the group. Introduction – in pairs, come up with a definition of what it means to be confident. “Confidence means having faith in one’s abilities and aptitudes to manage in different situations.”	10 minutes
Differences between confidence and self - esteem.	Young people may confuse confidence with self-esteem. Outline the differences- confidence is built on trust. You trust yourself to be capable of dealing with any given situation. You are better prepared to deal with change and uncertainty. It is possible to be confident in some scenarios and not others. A	10 minutes

	<p>young person may be sporty and athletic and is confident in a sporting situation but may not be as confident when working on mathematics or literacy. Slide 3</p>	
<p>Activities young people can do to build confidence</p>	<p>Self – esteem refers to how you value yourself. How we perceive ourselves, our thoughts and emotions. It is possible to be confident and have low self-esteem.</p> <p>In groups, give young people A3 paper. Ask them to draw the following question on it and provide answers around it -“What are the benefits of having self-confidence?”</p> <p>Ask for feedback and then compare responses with the PowerPoint on slide 5&6. Ask young people to write down anything they have missed.</p> <p>Split the room in half. Ask one half to outline what factors in our lives deflate confidence and the other group to determine what develops confidence. Have a group discussion about their ideas. What should they do with the factors that deflate their confidence?</p>	20 minutes
<p>Group Work</p>	<p>Go through 12 confidence building activities –</p> <ol style="list-style-type: none"> 1. Practice positive self-talk and affirmations – it is easy to fall into habits of negative self-talk and being critical of yourself. Encourage young people to write down any negative statements they tell themselves and reword them so that they are more positive. Affirmations like, “I have courage and confidence to face challenges,” “I am an amazing person,” and, “My mistakes help me learn and grow,” all encourage self-love and help young people trust in their own abilities to get through difficulties. 2. Give young people more responsibility around the youth club and encourage it at home - When young people complete chores and make useful contributions, their confidence in their ability to take on responsibilities grows. Finding age-appropriate tasks for YP at home or at the club will help them recognise their positive contributions. 3. Let young people choose activities and things they would like to focus on – if they lead an activity, they will learn that they can be trusted to do things independently. If an adult has confidence in them this will nurture self-confidence – their skills and opinions are valued. 4. Goal setting activity – set a goal that is SMART and write a plan on how to achieve this. YP will see what they need to do and motivate them to do it. It is possible to accomplish goals by taking small steps. They must be proactive. 	

	<ol style="list-style-type: none"> 5. Encourage YP to do an activity which they find difficult – drama/role play. Practicing the skills of performing and speaking in front of others is a hard skill and will boost confidence. This will expand comfort zones. 6. Encourage them to develop a new skill - It could be playing a new sport, learning an instrument or practising a different language. Developing new skills will open doors, help YP meet new people and reinforce the idea that they can grow. 7. Learn about mistakes and failure – must overcome the fear of failure. Mistakes are inevitable and a part of life. (Case study – Michael Jordan, Einstein, JK Rowling). 8. Make an achievements book – Make a scrapbook with positive memories and things you’re proud of. Remembering what they have already done can draw on that confidence to do things again. 9. Positive visualisation – if there’s a situation YP are intimidated by, get them to visualise it going well for them. How does it feel? What have you done to make it happen? This visualisation can be written down. 10. Yoga/Exercise – mental wellbeing and confidence is linked to physical wellbeing. Staying fit and healthy is a good way to develop confidence. 11. Challenge negative beliefs – look at your thoughts objectively as you would when giving advice to friends. 12. Create habits of kindness and selflessness – helping others helps YP to physically see how they can be of use and competence in the real world. Gratitude received from others can help YP feel as if they have accomplished something, nurturing a feeling of confidence in their own ability. 	
<p>Real World Case Studies</p>	<p>Have a look at case studies – JK Rowling and Michael Jordan, some of the most successful people on the planet, at one stage lacked self-confidence.</p> <p>Can you name anymore?</p>	
<p>Activity</p>	<p>Optional Activity</p> <p>Young people to select two of the 12 techniques to improve confidence and apply them as a group.</p> <p>For example, they can engage in yoga and positive visualisation.</p> <p>Select two that complement each other</p>	

TRUE

FALSE

UNSURE