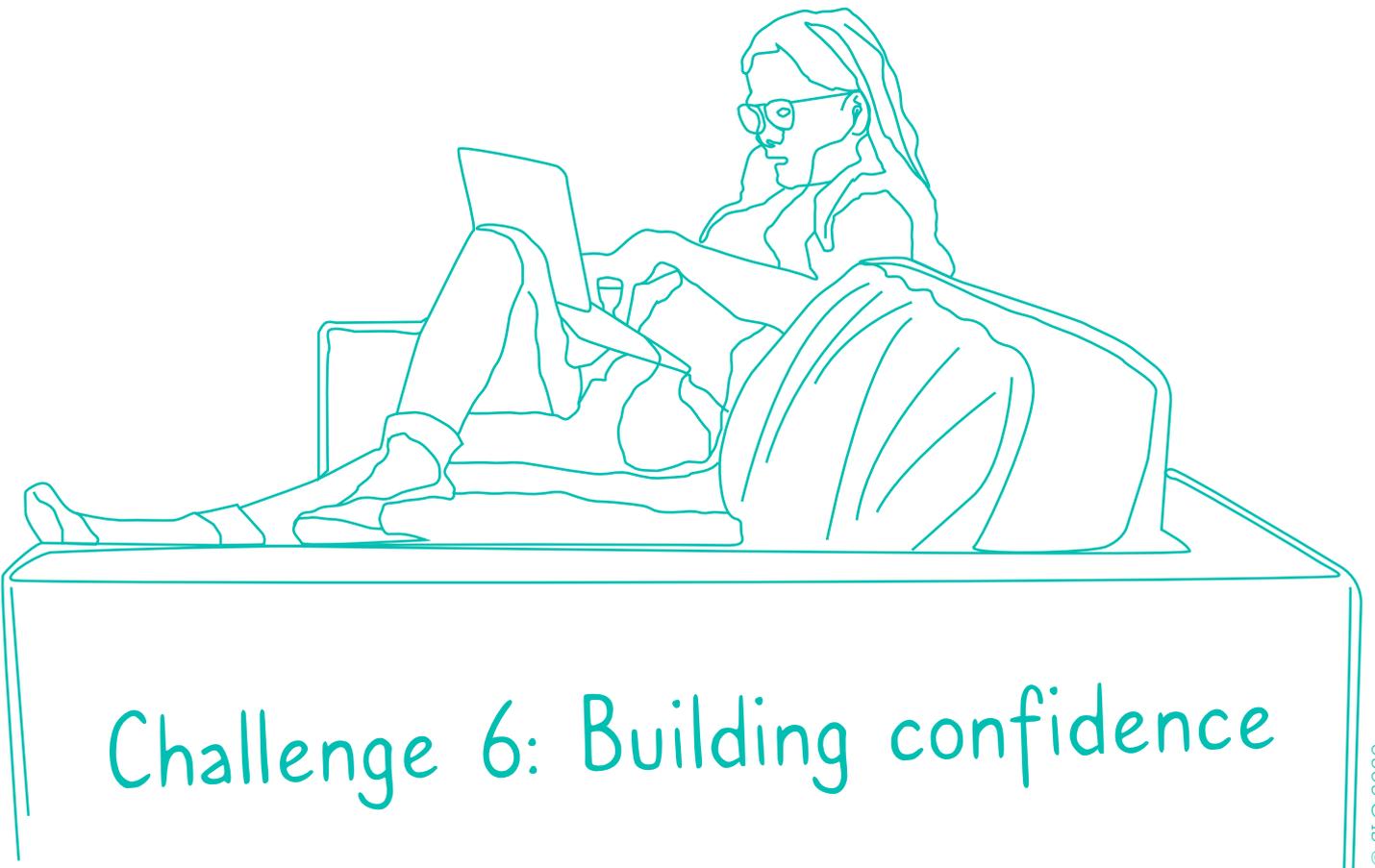


I CAN
I AM



Challenge 6: Building confidence

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Learner name:	
School/Centre name:	
Teacher/Tutor name:	

COMPLETING CHALLENGE 6: BUILDING CONFIDENCE

WHAT YOU NEED TO COMPLETE	ACTIVITIES/REFLECTION POINTS TO COMPLETE	HOW LONG THIS SHOULD TAKE YOU
Part 1 – I Can Learn	Why confidence is important	5 minutes
	Confidence building before the Covid-19 crisis	5 minutes
	The impact of Covid-19 on people’s confidence	5 minutes
	The achievements you have made	5 minutes
Part 2 – I Can Build	Your celebration activity	30-40 minutes*
Part 3 – I Can Thrive	Reflection on Building confidence	15 minutes

**This could be more depending on the activity you choose to do*

BEFORE YOU START THE 'BUILDING CONFIDENCE' CHALLENGE...

Reflecting on your Self-Belief Skills

Score yourself
out of 10



Before the Covid-19 crisis – How confident were you that your skills and abilities would help you achieve what you wanted to achieve?

During the Covid-19 crisis – How confident are you that your skills and abilities can help you overcome the Covid-19 crisis?

POWERUP YOUR SELF-BELIEF SKILLS



Be able to recognise your achievements so that you can thrive in the future

INTRODUCTION TO THE CHALLENGE

Setting the scene for 'Building confidence'

Sometimes your confidence is what helps you get to where you need to go and sets you up for what you want to achieve more than any skill you might possess. Confidence is also key to making you better at other skills like communication, teamwork and problem solving.

Add in the impact of the Covid-19 crisis and confidence can be 'knocked' to a point where we fail to recognise the good we are doing and the things we are achieving in difficult times.

This challenge aims to build your confidence by helping you recognise and celebrate your achievements so that you can build the confidence to achieve what you want to achieve in the future.

What you need to do to complete this challenge

To complete this challenge, you will create a celebration activity (e.g. a presentation, a video, a poster, and so on) that shows what you have achieved.

This can be an achievement from before or during the Covid-19 crisis, but the important thing is to highlight why it makes you unique or why your skills are valuable to you and to others.

Reflecting on your development and experience

Once you have completed your action plan, you need to complete the '**I CAN THRIVE: Reflection on Building confidence**'.

What is the outcome for you?

On completion you will have proven your self-belief skills and will be awarded the 'building confidence' challenge digital badge so you can show what you have achieved.

So, let's start to value what we do and build confidence...

PART 1: I CAN LEARN

5
Mins

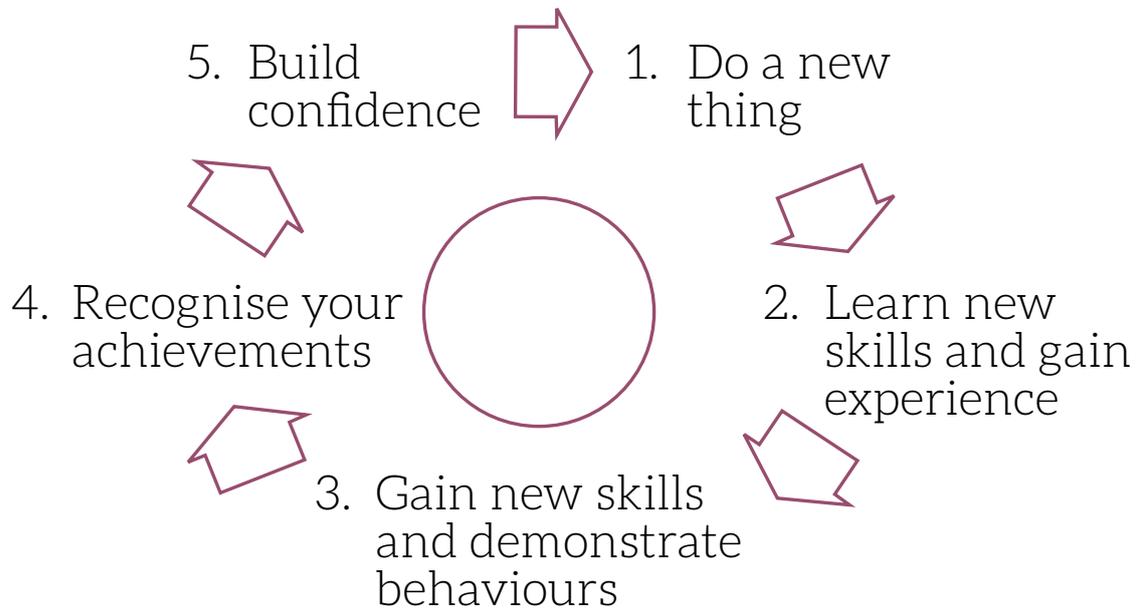
What is confidence?

Confidence is about being as positive as you can be about your knowledge, skills and behaviours and your ability to achieve what you set out to achieve. It makes a big difference to how much you enjoy the things you do in your school/college studies, in your personal interests and in how much you get involved with your community, as well as how much they get involved with you.

Confidence is a highly valued behaviour – if you possess it, you are likely to be noticed for it and it can set you up for the future.

However, confidence is a delicate behaviour to balance. If you have too much of it, you can be seen as arrogant. Too little, and you might not take advantage of the opportunities that come your way.

Confidence is something that we are continually required to build – as illustrated in the diagram below, there is a cycle of building confidence based on learning and experiencing things. The more things we learn, the more confident we get. However, we always encounter new things which can make our confidence lessen, in particular when we cannot succeed in a new thing.



Why confidence is important?

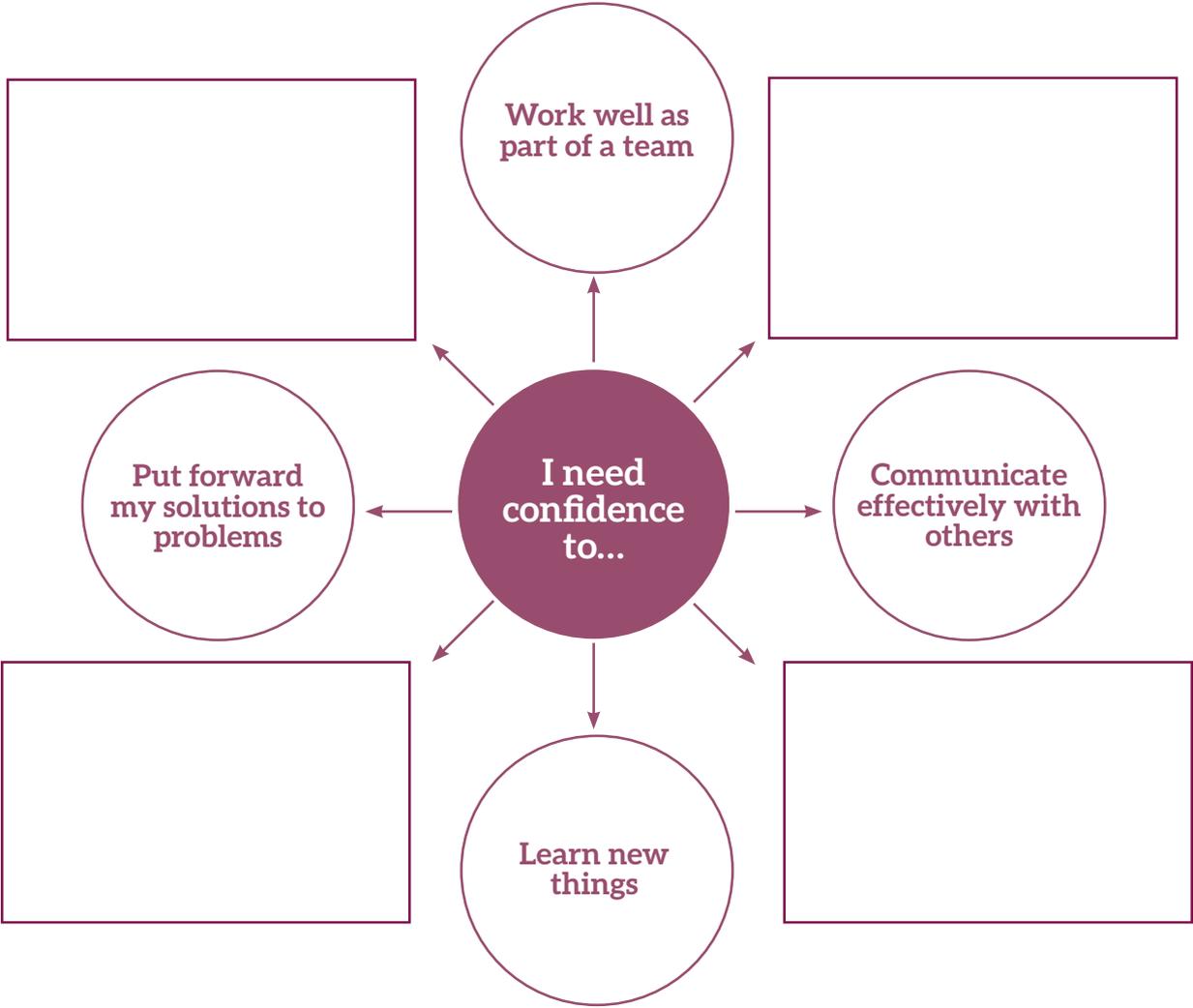
5
Mins

As looked at in the Raising Resilience challenge, being resilient to challenging situations is about reacting to situations in a calm and measured way to ensure you can recover from a setback.

For confidence, it is about being positive about our skills, experiences and learning when approaching whatever we do in life. Confidence is important for everything that we do.

REFLECTION POINT

Think about the things you need confidence for. See if you can add some more examples to the diagram below.



Confidence building before the Covid-19 crisis

The way that we develop confidence has not changed significantly from the cycle above. However, the impact that the Covid-19 crisis has had on a couple of the points on the cycle has made it more challenging for us to build confidence by completing the cycle.

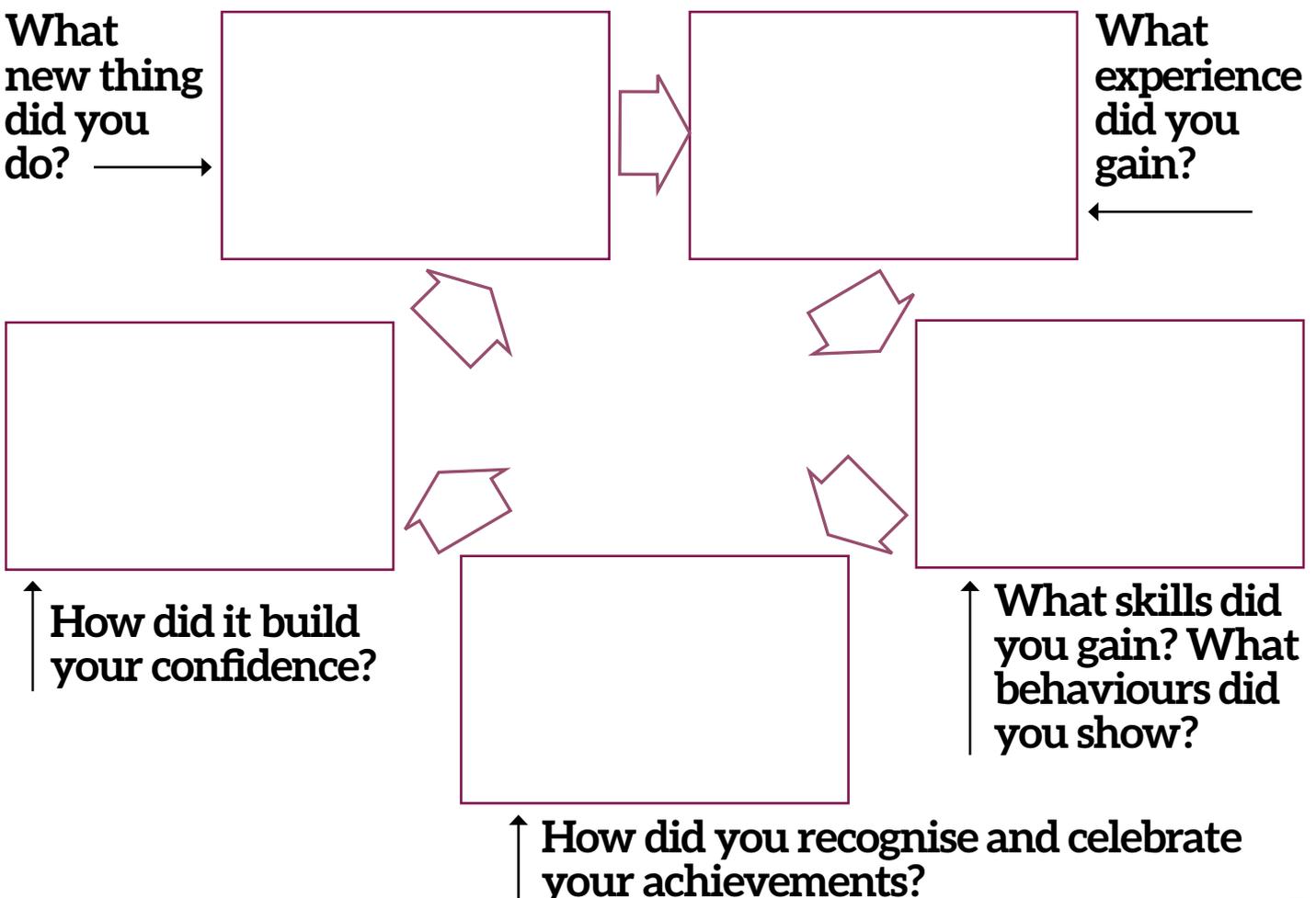
1. It is more challenging for us to encounter new things because of being in isolation or social distancing – without this, we are unable to learn new things and gain experience

2. Opportunities to learn are more challenging to find – the learning environments and support groups are not there as they were before Covid-19
3. We are not confident to recognise and celebrate our achievements – we judge our achievements on the achievements of others, often on social media. We need to be confident in what we have achieved not matter how small we think the achievement is

The focus of this challenge is to give you opportunity to complete the cycle for the achievements you have made. This could be in what you have completed for the 'I Can, I Am' programme so far or for something else that you have achieved that you are equally as proud of.

REFLECTION POINT

Think about something that you learnt before the Covid-19 crisis and complete the cycle of confidence building below.



The impact of the Covid-19 crisis on people's confidence

If there is anything consistent about the Covid-19 crisis, it is that there is uncertainty about how society and communities are going to recover and what they might look like after the crisis. Where there is uncertainty, there tends to be less confidence in the public and in businesses to do things.

The diagram below gives a few ways that your confidence before the crisis might have been affected during the crisis. There are also a few examples of confidence building strategies that you can use to thrive in the future.

BEFORE THE COVID-19 CRISIS You may have had the confidence to...	DURING THE COVID-19 CRISIS You may feel less confident because you feel...
<ul style="list-style-type: none"> • Be in control of your future • Be independent • Make your own choices • Be mentally strong • Be there for your friends and family • Ask for support from others 	<ul style="list-style-type: none"> • Your hard work has been lost • Trapped and isolated • Decisions are being forced on you • Less able to cope with challenges • Socially isolated and disconnected • Forgotten about and not supported



CONFIDENCE BUILDING STRATEGIES You can build your confidence by...	
<ul style="list-style-type: none"> • Planning for the future by owning your present • Using communication to stay connected with and better understand others in your life and community • Staying strong and being focussed on what you want to achieve after the Covid-19 crisis • Standing together with others to share experiences and develop 'team' confidence 	<ul style="list-style-type: none"> • Being confident to think differently and being more creative in overcoming challenges • Demonstrating positive actions that can be used in the future • Celebrating what you have achieved and seeing the value in that to you and to others • Get involved in volunteering or helping somebody else do something

Celebrating our achievements to build your confidence

All of us need to take time to reflect on and celebrate our achievements no matter how small we think they are. This is even more important in the middle of the Covid-19 crisis.

Larger achievements might be 'learning a new language' or 'baking a multi-tier, decorated birthday cake'. Smaller achievements linked to this might be 'learning to count to ten in another language' or 'baking a cake for the first time'.

You have to remember that it matters that you are able to achieve something and that you take the time to celebrate the things that are important to you and your ability to thrive in the future.

The 'I Can, I Am' 3-step process to celebrating your achievements

1. Recognise what you have achieved – think about how achieving made you feel?
2. Get feedback from others – tell others about your achievement and ask them for feedback
3. Make the link between your achievement and how it will help you thrive in the future

The achievements you have made

For the 'I Can Build' section of this challenge you will need to create something that allows you to celebrate achievements that you have made – this will be your **celebration activity**. For this, you need to focus on an achievement (or more if you want) that you are proud of.

REFLECTION POINT

5
Mins

Use the space below to highlight some of the achievements you have made before the Covid-19 crisis and those that you have made during the crisis.

ACHIEVEMENTS BEFORE THE COVID-19 CRISIS	ACHIEVEMENTS DURING THE COVID-19 CRISIS

PART 2: I CAN BUILD

30-40
Mins

Your celebration activity

To complete this challenge, you need to celebrate what you have achieved. You can do this through whatever method you want and choose any audience you like. The audience could be your friends, family or others you live with, your teacher/tutor or anyone in your community.

The goal here is to share your positives with others in order to boost your own confidence. You will also allow others to boost their confidence by you just listening to their achievements and allowing them to celebrate what they have done.

Here are a few examples of how you could do it:

TELL SOMEONE ABOUT IT	CREATE A VIDEO	CREATE A PRESENTATION	RUN A GROUP DISCUSSION
Simply pick up the phone or talk to someone close to you	Make a video or vlog post using an app of your choice	Write and deliver a short presentation that focuses on you	Share the good things you have done with a group of friends

WRITE A REPORT	CREATE A POSTER	PERFORM SOMETHING
Write a short report that explains what you have done	Create a visual representation of what you have done	Create a physical representation of your achievements

POWERUP



YOUR SELF-BELIEF SKILLS

Celebrate your achievements to recognise your value

Create a focus for your celebration activity

Use this simple planning tool to note the key points and reminders that you need to focus on in your celebration of your achievements.

WHAT I WANT TO CELEBRATE	HOW I AM GOING TO DO IT? WHO IS THE AUDIENCE?	WHAT I HAVE LEARNT FROM THIS EXPERIENCE	HOW I INTEND TO USE THIS TO RECOVER FROM THE COVID-19 CRISIS

PART 3: I CAN THRIVE

15
Mins

'Reflecting on Building confidence'

To reflect on your celebration activity, you need to consider and reflect on four simple questions. This will allow you to review how you have built your confidence and focus on how you can use this in the future to help you achieve your goals.

<p>THE CELEBRATION ACTIVITY BOOSTED MY CONFIDENCE BY... What did it allow you to realise about your achievements that you had not realised before?</p>	
<p>THE AUDIENCE RESPONDED TO MY CELEBRATION BY... What did your audience add? Praise? Recognition?</p>	
<p>I NOW KNOW WHAT I HAVE ACHIEVED MEANS SOMETHING BECAUSE... What is the value of your achievement to others?</p>	
<p>THROUGH THE CELEBRATION ACTIVITY, I AM MOST PROUD OF... What is the one thing that really made you feel most confident?</p>	
<p>I WILL USE MY CONFIDENCE TO HELP ME OVERCOME THE COVID-19 CRISIS BY... What part of the Covid-19 crisis do you feel you can take on better now?</p>	
<p>I WILL NOW BE MORE CONFIDENT IN USING MY STRENGTHS AND EXPERIENCES TO... Give two examples of what you will be more confident in approaching</p>	

POWERUP YOUR SELF-BELIEF SKILLS



Be bold in taking the next step on the journey to your goals

CONGRATULATIONS!

Now you have completed the 'Building confidence' challenge

Use the space below to sum up how you have improved your Self-Belief skills through this challenge. Please also score your Self-Belief skills after completing this challenge.

Once you have done this, you will have achieved your 'Challenge 6: Building confidence' digital badge.



Score yourself out of 10

Tutor Comments (Optional)



Take on Challenge 7 or any of the other challenges

ICAN
IAM

