

Session 21: How do children develop self-confidence?

Activity: Skills associated with developing confidence

Consider the age of the child/ren before you complete.

Skill	Questions:	Sometimes	Always	Could be better
Self-esteem	Do you display a positive attitude toward yourself and others?			
Motivation	Do you display a good work ethic during classroom lessons?			
Interpersonal skills	Are you able to interact appropriately with others?			
Communication skills	Are you able to communicate information (using verbal/ non-verbal communication) with your peers and teachers?			
Teamwork	Are you able to work in a team and co-operate with others?			
Assertiveness	Are you able to express your views without being aggressive towards others?			
Self-control	Do you display an ability to control your emotions and behaviours?			
Reliability	Do you ensure good attendance and time-keeping at school?			
Positive attitude	Do you work hard, learn, accept feedback and take responsibility for your actions?			
Presentation	Are you able to make sure you are clean, tidy appropriately dressed and polite?			
Planning	Are you able to plan tasks and monitor your own progress?			
Problem solving	Are you able to identify problems and potential solutions?			
Select one or two "Could do better" responses and complete an action plan to improve these.				
1.				
2.				