



# Confidence



We are sure of ourselves and our abilities.

## Values

### Roots

We believe in our own abilities

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We try new things

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We ask for help when we need it

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We are secure in ourselves

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We show courage

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We are humble

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## Understanding

### Stems

#### **We know/understand:**

- The subtle differences between confidence and over confidence
- The things that we are good at
- The things that we need to work on
- What our personality traits are
- Our likes and dislikes
- It is good for our growth to take risks
- We can't be right all of the time or good at everything
- It is OK to get things wrong
- It is normal to feel anxious in unfamiliar situations or when meeting new people
- Pushing through our fears will build our confidence
- Honesty is important
- It is OK to ask others for help
- The success of others does not diminish your own achievements

## Behaviours

### Leaves

- Willing to take on responsibilities
- Not afraid to discover or learn things about themselves
- Doesn't seek approval from others
- Is self-assured
- Shows humility
- Can talk about their abilities or things they are good at
- Shares their achievements with others
- Can talk in front of others
- Answers questions in class
- Tackles challenges
- Takes calculated risks
- Volunteers to help others
- Makes decisions
- Recognises when they have made a mistakes
- Holds conversations with unfamiliar people
- Is flexible and adapts different situations
- Faces their fears

