

Confidence Family Questions

Today we explored confidence. We looked at what confidence means and how it can feel. We talked about what helps to boost our confidence as well as the things that can knock our confidence. Finally, we talked about how it feels when we lose our confidence and why it's important to get it back..



I heard this week's topic was about confidence...

What is confidence and how does it make you feel?

What can knock our confidence or make us feel less confident?

What can we do to boost our confidence or build it back up?

Tip: One of the best ways to build our confidence is to get out of our comfort zones. This week try doing something with your child that is out of both your comfort zones. It could be going somewhere new or trying something you haven't tried before. Once you've finished, talk about how you felt before the activity and how you felt after it. Did you feel more confident? Discuss together and plan another activity!