

## Unit 7: Lack of Confidence

### Lesson Plan for Teachers: Building self-confidence

#### Objectives:

(SMART

- ➡ to help students understand how successfully solving a problem or meeting a challenge can have a positive impact on their personal development.

#### Learning outcomes:

Based on this lesson the participants will be able to:

#### (use action verbs from Bloom's Taxonomy)

#### Knowledge:

- ➡ Identify challenges and describe the feelings when overcoming them
- ➡ Recognise that worrying is a normal part of overcoming challenges, which we need to do if we are to grow

#### Skills:

- ➡ Plan how to overcome a worry or a challenge

#### Attitudes:

- ➡ value the ways of overcoming worries

#### Description of the activities proposed:

#### Activity 1 Challenges are good for us

**Duration:** 20'

**Lead In:** When delivering this lesson, think about the particular levels of confidence and anxiety of students in your group. You may want to spend more time exploring what it means to be confident, and include strategies to help tackle anxiety and worry.

- Ask students how they felt when they have had a problem or a challenge, and managed to find a solution or overcome the problem. This could be when they have had to start at a new school, learn a new skill that they found particularly difficult, or do a physical challenge, such as learning a new sport.

Discuss how successfully solving a problem or meeting a challenge can make us feel rewarded, stretched, proud of ourselves and more confident in what we can do. It can also make us feel that we've learnt something new: it allows us to grow and develop.

#### Activity 2 Challenges faced by well known people

**Duration:** 20'

**Malala Yousafzai** was born in 1997 in Pakistan; she has been campaigning for the right for girls to be educated and started writing a blog for the BBC in 2009. On 9 October 2012, Malala was shot in the head by a Taliban gunman: miraculously she survived and, after receiving initial treatment in Pakistan, Malala was airlifted to the Queen Elizabeth Hospital in Birmingham, where she underwent a series of operations. She continues to recover and to speak out on education issues. She is a Nobel Prize winner:

<https://www.youtube.com/watch?v=R6VQpB4kGtQ> 1'50'

Let's hear what Malala has to tell us all:

<https://www.youtube.com/watch?v=ey5wuRxCZfw> 2'30'

**J.K. Rowling** is well-known for writing the bestselling Harry Potter stories, but she began writing the books in very difficult circumstances. Whilst a single mother and studying full-time for a teaching degree, J K Rowling had an idea for a children's story about a boy wizard. She

wrote in the evenings, often sitting in local cafes having walked her baby daughter to sleep in her pushchair.

**Jonnie Peacock** won Gold in the men's T44 100m at the 2012 Paralympics. In 1999, aged just six, he had to have part of one leg amputated after a bout of meningitis in which he nearly died.

- Ask what students can learn from each of these people and their quote

- Explain that they show we can all overcome big challenges and use them to help ourselves or others to grow

### Activity 3 : A challenge of your own

#### Duration:10'

Give Ss **Worksheet 1** Ask students to write about a challenge of their own. Qs:What is it? What are they worried about? Can they see this as an opportunity and find some reasons to overcome it?

- If students are struggling to identify a challenge, you could suggest situations such as starting at a new school, getting a Saturday job, raising money for a trip or for a charity
- Ask if anyone wants to share their ideas

### Activity 4: What we might be nervous of - Group discussion

#### Duration:20'

In groups, ask students to talk about one worry they have, or something that makes them nervous

- Ask them whether it really matters if they feel worried. Can students think of a time when they once overcame nerves? Examples might include starting a work experience placement, or representing the school at a sporting event
- Move between groups and help students share their ideas and examples with the class
- Ask students to complete **Worksheet 1** and note how they could use these ideas to overcome the worries connected to their own challenge

### Activity 5 Summary discussion

- Remind students that to grow, we need to take on and overcome new challenges
- Emphasise that it's normal to get worried because this shows you've taken on something worth doing. But these worries are never as big as we make them out to be. When students take on their challenge and overcome their worries they'll build their confidence to take on even bigger challenges in the future
- Give out **Worksheet 2** as a summary of what you have covered in this lesson

#### Materials, equipment:

#### Resources needed:

- Worksheets 1,2
- Video-projector
- Internet connection

#### Recommended duration:

1h10'(approximately)

**Assessment/ Evaluation:**

- 🕒 self-evaluation
- 🕒 peer-evaluation

**References and other  
useful sources:**

Dixon, T. (2007). *Evolving self-confidence: How to become free from anxiety disorders and depression*. Newton Aycliffe Co, Durham: Help-For.

Peterson, T. (2017, May 24). What Is Self-Confidence?, HealthyPlace. Retrieved on 2019, September 23 from

<https://www.healthyplace.com/self-help/self-confidence/what-is-self-confidence>

**Attachments:**

Worksheet 1	Overcoming challenges
Worksheet 2	Why overcome challenges

## Worksheet 1

### Overcoming challenges

New challenges help us grow. Sometimes, worries can get in the way.

Think about a challenge you'd like to overcome: What's stopping you? How could you overcome your worries and grow?

The challenge I'd like to overcome is:

My worries about doing it are:

My good reasons to do it are:

Ways I could overcome these worries:



## Worksheet 2

Why overcome challenges?

New challenges help us grow. Sometimes, worries can get in the way. It's normal to worry – this shows you've taken on something worth doing.

Think of the good reasons to take on a challenge. Decide that these are more important than your worries.

How can I overcome my worries?

Here are some good ways to overcome your worries. How could you use them? (write them inside the table)

My reasons for doing this	My worries

1. Treat each challenge as an opportunity
2. Find reasons to have a go Have a goal and a plan
3. Realise why your worries might not matter
4. Imagine Reach out success of your 'comfort zone'
5. Ask yourself 'What's the worst that can happen?'
6. Believe in yourself Learn from mistakes – then try again

Is Self-Confidence the Same as Self-Esteem?

Self-confidence and self-esteem are very similar but not quite identical terms. Self-confidence can be defined as positive feelings about self and world that impact someone's actions. Self-esteem is sometimes described as the degree to which someone values him/herself. There's also a concept known as self-efficacy. Self-efficacy is someone's belief in her ability to accomplish something.

These three concepts aren't identical to each other; however, they are closely related. Self-esteem emphasizes someone's feelings about herself. Self-efficacy emphasizes the degree to which someone believes she can do something. Self-confidence, with its emphasis on both acceptance of someone's whole self and how she acts in the world because of it, is perhaps a perfect merging of self-esteem and **self-efficacy**.

A lack of self-confidence negatively impacts someone's quality of life. Having little self-confidence creates feelings of

- Self-doubt
- Unworthiness
- Inferiority to others
- Apathy
- Loss of enjoyment
- Anxiety, depression, and other mental health challenges

In contrast, self-confidence creates

- Awareness of strengths, limitations, and how to live your life with both
- Acceptance of one's faults; the realization that perfectionism is neither possible nor desirable
- A feeling of being complete
- A sense of inner peace
- An experience of balance between one's strengths and weaknesses
- The ability to create and experience happiness

Self-confidence is experiencing genuinely positive feelings about yourself while accepting your faults and foibles. A definition of self-confidence is acting assertively because you believe in your inherent worth. Self-confidence means that even when you don't like things about yourself, you love your whole self.