

# UNLOCK

## WIZARD



## SELF CONFIDENCE

A key for happy & successful life

**CCI**  
*Special*

*The attention & environment you  
provide shapes your child's brain  
development for life*

**#17**  
**ENGAGE**  
Series

With the notion of survival of the fittest in play, it's important that every human understands his/her potential and use it to its fullest.

With each generation the level of competition between individuals is increasing. Therefore, it's vital for us to groom our children with self-confidence & self-acceptance. This helps them to develop a positive attitude towards themselves and life. Hence leading to mentally stable and healthy life.

DB YaR Forum recommends you the following ways to help your child build self – confidence.

Note: - The following are basic tools. For severity of the issues don't hesitate to consult an expert.

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# 10 WAYS TO BUILD CONFIDENT CHILDREN

## Give praise when it's due

Praise your child  
when they do  
something  
correctly.

## Success

Create opportunities  
for your child to  
experience success

## Feedback

Young children rely  
heavily on adult  
feedback. Make  
feedback meaningful  
and positive

## Constructive Criticism

Provide constructive  
criticism. Don't yell at  
your child. Help them  
to be the best they  
can be

## Develop Autonomy

Let your child make  
their own decisions so  
they gain confidence in  
their own judgement

## Accomplishments

Allow your child to be  
proud of their  
accomplishments

## Be a role model

Set an example to your  
child. Be a role model  
and react positively to  
your child

## Don't overcontrol

Allow your child to  
express their creativity.  
Don't start to control  
everything they do

## Promote problem solving

Help your child to solve their own  
problems. This will make them feel more  
confident in their abilities.

## Avoid labels

Ensure your child has a  
positive view of themselves







# 25

# IDEAS TO BUILD CHILD'S CONFIDENCE

1

Ensure they know your love is unconditional

2

Give age-appropriate chores around the house or classroom

3

Address them by their name

4

Give them age-appropriate "special tasks" to help you out

5

Join their play (and let them lead)

6

Focus on improving your own confidence

7

Ask them for advice or their opinion

8

Make special time together

9

Let them make age-appropriate choices

10

Set aside time when you give them undivided attention

11

Encourage them to try a theater class

12

Praise them the right way

13

Let them overhear you speaking positively about them to others

14

Resist comparing them to others

15

Practice positive self-talk with them

16

Hang their portraits or artwork around the home or classroom

17

Teach them how to set and achieve goals

18

Encourage to try new things to develop new skills

19

Help them discover their interests and passions

20

Help them overcome the fear of failure

21

Encourage them to express their feelings

22

Make sure they know you're upset with their choices, not who they are

23

Surround them with positive, confident people (including their friends)

24

Create a Wall of Fame to recognize their achievements

25

Shower them with hugs

## Self-Esteem Check-Up

**Directions:** Rate from 0 to 10 how much you believe each statement. '0' means you do not believe it at all and '10' means you completely believe it.

Statement	Rating
1. I believe in myself	_____
2. I am just as valuable as other people	_____
3. I would rather be me than someone else	_____
4. I am proud of my accomplishments	_____
5. I feel good when I get compliments	_____
6. I can handle criticism	_____
7. I am good at solving problems	_____
8. I love trying new things	_____
9. I respect myself	_____
10. I like the way I look	_____
11. I love myself even when others reject me	_____
12. I know my positive qualities	_____
13. I focus on my successes and not my failures	_____
14. I'm not afraid to make mistakes	_____
15. I am happy to be me	_____
<b>Total Score</b>	_____

Overall, how would you rate your self esteem on the following scale:

0 \_\_\_\_\_ 10

I completely  
dislike who I  
am

I completely  
like who I am

What would need to change in order for you to move up one point on the rating scale?  
(i.e. For example, if you rated yourself a "6" what would need to happen for you to be at a "7"?)

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## POSITIVE THOUGHTS & AFFIRMATIONS

1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today I will walk through my fears.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fall, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can do anything.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome day.





### 1. How to build self – confidence?



### 2. Believe in yourself.



### 3. Be Confident



**KEY** WORDS

### TO SEARCH ON THE WEB

1. Why is self-confidence important?
2. How to help child develop self-confidence?
3. Difference between self – confidence and self – esteem?
4. Activities for self – confidence.

**Let's hand hold our children to become the best version of themselves!!**





Everything and everyone is  
won by the sweetness of  
our words and works

- Don Bosco



**Don Bosco National Forum for the Young at Risk**



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