



# Confidence and wellbeing

Age range: 7-11

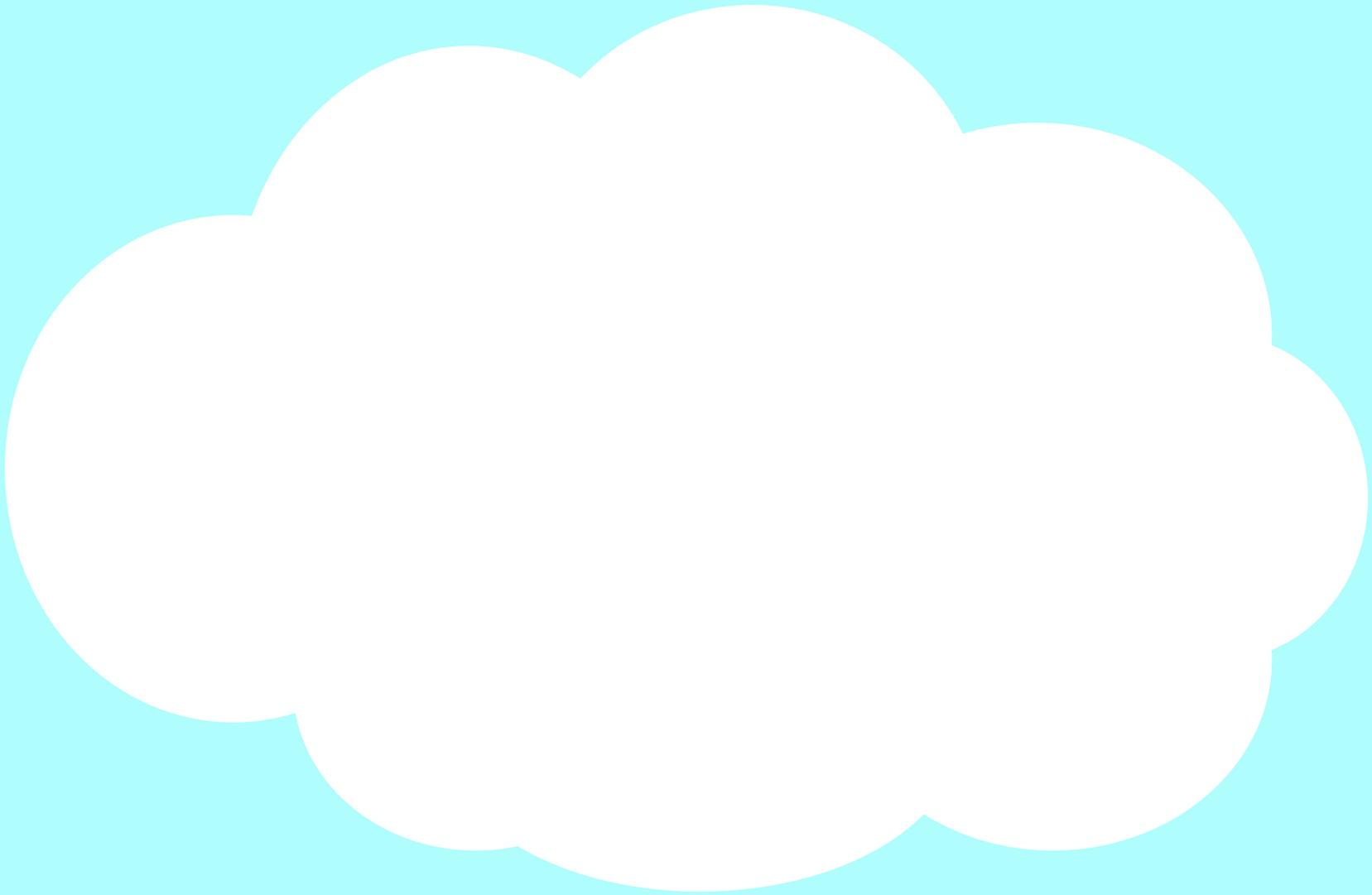
 **BARCLAYS** | LifeSkills



# What is wellbeing?

**Wellbeing:** How I think and feel, being able to cope with challenges, looking after my mind.





## Eating healthy foods

**When we feel confident we tend to make decisions that are good for us and our wellbeing.**

**Eating healthy foods**

Drinking plenty of water

**When we feel confident we tend to make decisions that are good for us and our wellbeing.**

**Eating healthy foods**

Drinking plenty of water

**Exercising**

**When we feel confident we tend to make decisions that are good for us and our wellbeing.**

**Eating healthy foods**

Drinking plenty of water

**Exercising**

**Going for a long walk**

**When we feel confident we tend to make decisions that are good for us and our wellbeing.**

**Eating healthy foods**

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**Exercising**      **Going for a long walk**

*Talking to friends and family members*

**When we feel confident we tend to make decisions that are good for us and our wellbeing.**

**Eating healthy foods**

Drinking plenty of water

**Exercising**    **Going for a long walk**

*Talking to friends and family members*

**Getting enough rest**

**When we feel confident we tend to make decisions that are good for us and our wellbeing.**

**Eating healthy foods**

Drinking plenty of water

**Exercising**    **Going for a long walk**

*Talking to friends and family members*

**Getting enough rest**

Socialising with friends

**When we feel confident we tend to make decisions that are good for us and our wellbeing.**

**Eating healthy foods**

Drinking plenty of water

**Exercising**    **Going for a long walk**

*Talking to friends and family members*

**Getting enough rest**

Socialising with friends

Taking part in hobbies

**When we feel confident we tend to make decisions that are good for us and our wellbeing.**

# Natalia's story

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- How does Natalia feel about starting a new school?
- Why might she be feeling this way?
- Do you think she is the only person to feel like this when facing a new challenge?

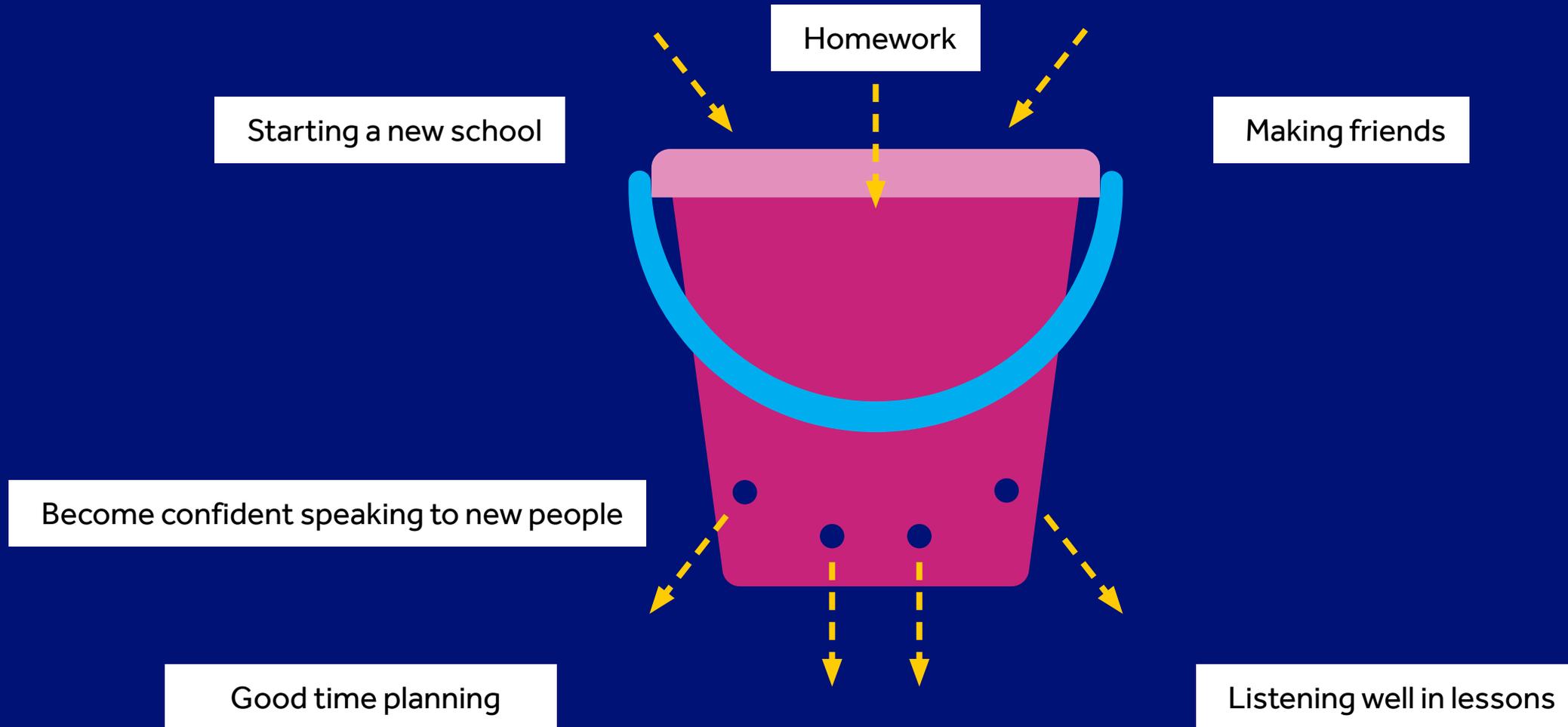
# Self-confidence role play

Act out what Natalia could do to overcome one of her fears:

- Not knowing anyone
- No one will speak to her, or they will say nasty things
- She won't make any friends
- Missing the bus
- Getting on the wrong bus
- Being late for her first day



# The stress bucket challenge



# Reflection

- When something goes wrong, how do you sometimes react?
- How do you think other people feel when something goes wrong?
- What new techniques have you learnt for dealing with stressful situations?

