

Confidence – Activity 1

Agree/Disagree Game



Time Taken: 15 minutes



Group Size: 10 students +

Skills Developed:



Confidence



Communication



Self-awareness



Presenting

Resources Required:

- Confidence statements
- Agree/disagree/unsure signs

Instructions:

1. Set room up with three areas for agree/disagree/unsure and display a sign in each area
2. Read out the **confidence statements** below
3. Students choose if they agree, disagree, or are unsure about the confidence statements
4. Students move to the area of the room depending on if the agree/disagree/unsure
5. Ask students about their choices
6. Finish with a group discussion about confidence

A future where all young people are confident, resilient and lead fulfilling lives

Confidence Statements

1. Confidence means you are good at everything
2. Your confidence can go up and down
3. I am confident meeting new people
4. You have to be confident to get a job?
5. I have confidence I do my school work to the best of my ability
6. All famous people are confident
7. If you have confidence in someone it means you trust them
8. Confidence can grow
9. I am confident when trying new things
10. Confidence helps us deal with challenges