How can you encourage self-belief in a friend who finds it difficult to believe in themselves?



Show them lots of love; tell them to believe in themselves.

Ask them what they are finding difficult and try to help them to believe.

Give compliments and encouragement – say, "You can do it," or "Don't give up!"

Offer to help them by working together.

Give them a hug, tell them, "You've got this!"

Make them feel happier about themselves; tell them they are good at something.

Help them to find another way to complete the task.

Tell them there are always other options.

Encourage them to think about positive things in their life.

Make a self-belief corner in your classroom or the playground.

Tell them that you believe in them.

Say, "If I can do it, you can do it!"

Help them to see that nothing is impossible.

Make them a picture to look at whenever they find it hard to believe in themselves.

Suggest they break things up into smaller steps and then build those up.

Help them to persevere by encouraging 5 star breathing so they can keep calm and not get overwhelmed.

Create a Self-Belief Superhero to help spread the Self-Belief.

Keep saying, "Never give up – remember the power of YET!"



Ideas generated by the children of Bourne Abbey CE Primary Academy