


Boosting Your Confidence & Self-Esteem

Everyone has times when they don't feel confident, and that's okay! If you have Special Educational Needs or Disabilities (SEND) or other learning differences, you might face extra challenges—but you are just as capable, valuable, and brilliant as anyone else. Here are some ways to build your confidence and feel good about yourself.

Focus on What You're Good At


Everyone has strengths. Maybe you're creative, kind, funny, great at solving problems, or amazing at a hobby. Write down the things you enjoy and what you're proud of. Remind yourself of these often!

 **Try this:** Keep a "**confidence journal**" where you write one good thing about yourself every day.

Set Small Goals & Celebrate Wins

Confidence grows when you achieve things—big or small! Set yourself **tiny challenges** and celebrate when you succeed.

- ✓ Try a new hobby
- ✓ Speak up in class or at home
- ✓ Ask for help when you need it
- ✓ Try something outside your comfort zone

 **Try this:** After completing a small goal, give yourself a reward—like watching your favourite show, listening to music, or having a treat.

Surround Yourself with Supportive People

Spend time with friends, family, or teachers who encourage you and make you feel good about yourself. Avoid people who bring you down or make you doubt yourself.

👉 **Try this:** If someone says something kind about you, **write it down** and read it when you need a confidence boost.

Speak Kindly to Yourself

Would you say something mean to a friend? No! So don't be unkind to yourself either. Notice when you have negative thoughts and swap them for positive ones.

- "I'm not good at this."
- "I might not be great at this yet, but I can improve."

- "Nobody likes me."
- "I am worthy of friendship and respect."

👉 **Try this:** Stand in front of a mirror and say three positive things about yourself each morning.

Try New Things & Learn from Mistakes

Confidence comes from **trying**, not being perfect. It's okay to make mistakes—that's how we learn and grow.

- ✓ If something goes wrong, think: "What can I learn from this?"
- ✓ Keep trying, even if something is difficult at first
- ✓ Remember: No one is perfect, and that's okay!

👉 **Try this:** Make a list of things you'd like to try but feel nervous about. Pick **one small thing** to do this week!

Take Care of Yourself

Looking after your body and mind can help you feel better.

- ✓ **Eat well** 🍌 - A good diet helps your energy and mood
- ✓ **Get moving** 🚶 - Exercise (even a short walk!) boosts confidence
- ✓ **Sleep enough** 😴 - A good night's sleep makes everything easier
- ✓ **Relax** 🎧 - Try music, drawing, or breathing exercises to feel calmer

👉 **Try this:** When feeling low, take three slow, deep breaths and focus on a happy memory.

Get Support When You Need It

If you're struggling with confidence or feeling down a lot, **talk to someone**. You are never alone!

☎ **Childline** – Call **0800 1111** or visit [Childline's website](#)

☎ **Kooth** – Free online support: [Visit Kooth](#)

☎ **SENDIASS Shropshire** – We can help with advice and support. Contact us!

♥ You are amazing just as you are. Believe in yourself—you've got this!