

Academic Tutorial: Confidence Clouds



Wellbeing Tutorial

Session Length: 45mins-1hour

Aims:

- To develop self-esteem and confidence building in students. The words of positivity shared among the group will allow students to see the good things about themselves that others see.

Set Up:

- TV or Computer Screen - with accessible internet to show students links.
- Links to confidence and self-esteem words to show students as examples online. Ensure these are set up ready before the session.
- Ensure laptops are charged ahead of session for students to use when creating confidence clouds.

Equipment:

- Pens
- [Confidence Cloud Resource Sheets](#)
- Laptops - One per student, to create confidence cloud using online generator.
- [Place2Be](#) website for information.
- Online Word Cloud Creator - [WordArt](#)
- [How Self Esteem Affects Social Anxiety Disorder by Arlin Cuncic](#)
- Optional— [Intro](#) and [Exit](#) Forms

Structure:

Session Introduction (5mins):

Optional - ask students to complete a digital intro form.

The students will then be introduced to the first task - to participate in a teacher led discussion regarding confidence and self-esteem and the effects on anxiety in young people – in regards to the www.place2Be.org.uk link and website.

As well as showing some online resources. Some quotes worth mentioning are:

- *Living with low self-esteem can harm your mental health and lead to problems such as depression and anxiety. You may also develop unhelpful habits, such as smoking and drinking too much, as a way of coping.*
- *People who struggle with generalized anxiety disorder (GAD) often find themselves struggling with low self-esteem. They may have poor confidence in themselves or think they are worthless.*

Task 1 (10mins):

The students will then participate in the group discussion. They will be prompted to discuss certain questions regarding:

- What do they think causes low self-esteem and lack of confidence?
- What could the lack of self-esteem and confidence develop into?
- They need to know its ok to make mistakes, and get things wrong.

Task 2 (15-20mins):

The group discussion will then lead to the main task for the session which will encourage the students to come up with words of confidence and positivity for their peers. They will be given the Confidence Clouds resource, which will have prompts of kind words they may say.

Students are given 1 sheet per student – to write a positive comment about each classmate.

Using the Confidence Clouds sheets – giving students 10 each (1 for every student), each student will write positive, confidence inspiring words illustrating to that student what others see in them. Minimum of 1 word/sentence.

Task 3 (20mins):

Students to take the pieces of paper individual to them and create a confidence cloud of the collection of words using the laptops. They will do this using the website and print these off. This will lead to a group discussion.

Optional - students will now be asked to complete a digital exit form for feedback on the session.