

# Building confidence



## The importance of confidence

Possibly the most important factor in participation is confidence. When someone is **not** confident in the task they have been given the likelihood of participating is considerably diminished.

## Can you juggle?

To illustrate this point, imagine having one ball in front of you. You will probably be pretty confident at throwing and catching this ball to yourself so you would engage in that task. Now imagine three balls in front of you! Given the same task of throwing and catching the balls to yourself, your participation may not be as great as you are not confident that you can achieve success in the task.

## Create success

In order to build confidence in learners, it is key to create the opportunity for success within any task. Success is different

for every individual and is based on previous experiences, ability level and elements within the task such as ball size, target distance and

movement complexity.

To build confidence within games and activities, providing a variety of equipment or different ways to complete the task allows the learner to choose the difficulty level of the task at hand and therefore increase their chance of success. For example, if we think back to the throwing and catching example mentioned earlier, by providing the choice of balls and other objects, such as nylon scarves, you may feel more confident to throw and catch three objects at a time when they move more slowly and are easier to catch. This would be achieved by choosing the scarves over the balls.

Confidence will ebb and flow both during activities and throughout the curriculum. It is best to start with an easier task to allow everyone to achieve success, and then modify the activity for those learners who quickly become confident and successful. Starting an activity at a complex, difficult level will lead to frustration with the activity and lead to learners unwilling to try any future modifications, even if it is to make it easier.

