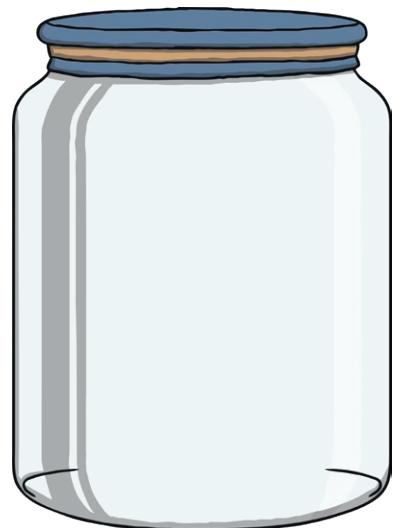


# How Good Do I Think I Am At..?

Sometimes, we are better at certain things than others. Talk with a friend or an adult about what you are good at and what you think you might need help with.

This doesn't have to be school work it could be anything that is important to you or something you want to get better at. Everyone has things they want to improve and become better at.

Once you have decided what you would like to improve, talk to the adult you are with about what you can do to get better and become more confident with the things you find difficult.



# My Confidence Jar

In the jar below, write all the things you think you are good at. For example, 'I am good at Maths'.



# My Practising Jar

In the jar below, write all the things you think you would like to work on and improve. For example, 'I would like to improve my reading skills and become more confident.'

