

Who is this?

“You must always start in the head”

After winning he said, “The reason we did well was because the players believe they can do good things”

This is self-believe!



- What things can you do?
- Now think back to when you first learned that skill.. it might be riding a bike, swimming, reading or writing.
- Can you remember learning those new skills which you can now do without even thinking about it?
- You needed the right attitude to do this... **this is self belief!**

Self-Belief

Self-Belief is feeling
confidence in yourself and
your ability to do things successfully.

Self- Belief means...

- Feeling like a winner!
- That you can do this!
- Trying your best at everything you do!
- Not letting yourself give up when things go wrong.
- Realising that hard work and effort lead to the rewards you want- not just what other people want.

- Do you ever feel down, as though whatever you do it's not good enough?- is this how you want to feel?
- It's up to you to change the way you feel.....
- Make an effort and believe in yourself!

The reflection in me

To have self belief you need these things..

- Respect for yourself.
- Understanding you are capable of great things.
- Happiness
- Courage to give things a try.
- Resilience- not giving up.

Demonstrating self belief will make your life better and that of people you know.

When you truly believe in yourself and what you can do, you will be a happier, more confident person.

Reflection for us all

Here in our school

Let us demonstrate self-belief at all times.

Let our rooms be full of fairness;

Happiness, respect and understanding for each other and ourselves.

Let love be in our hearts

With kindness and compassion for all.

Let us remember

In learning and working together,

We grow together, have courage together, and succeed together.