

Confidence Bingo



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To support building your confidence, create yourself a confidence bingo challenge:

Step 1: Think of things you can do that will boost your confidence. An idea might be saying when you do not understand, positive self-talk or leading a fun activity

Step 2: Write one idea in each box and tick them off as you complete them

Step 3: Have fun and celebrate

Step 4: Reflect on and recognise your achievements

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