



**Bledlow Ridge School**  
***Learning is not a spectator sport***

# Scary things





# Confidence

Everyone believes in themselves, stands up for what is right and has the confidence to reflect and learn from their actions.

How do we do this!?

...reflect and learn from  
their actions.

*How do I change my  
mindset?*

## Changing your mindset...

▶ I can't do it...

▶ I can't do it **yet!**

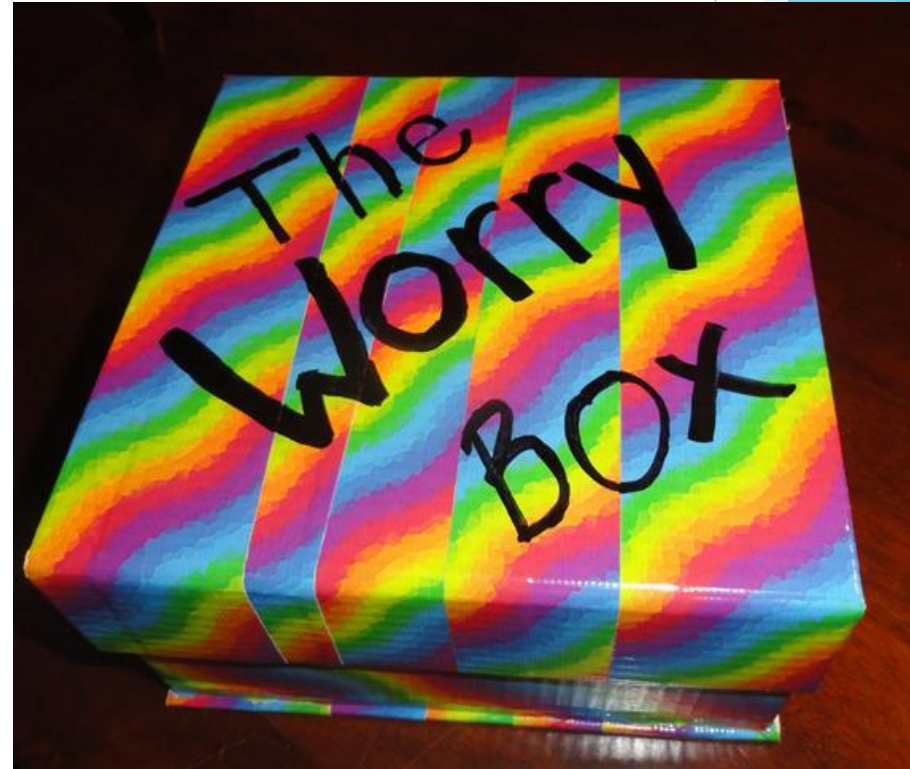
What can we all do to  
overcome fears?

## What can we all do to overcome fears?

- **Talk to someone**
- **Show self-empathy (high five yourself everyday)**
- **Say when you do not understand**
- **Don't be afraid to make mistakes!**
- **Believe in yourself**

# If you have worries, however big or small, who can you tell in school?

- ✓ Friends
- ✓ Teacher
- ✓ Teaching Assistant
- ✓ Mrs Harrison and Miss Grimaldi  
(Safeguarding leads in school)
- ✓ Mrs Stanley
- ✓ Any adult



# Reflection

Think about the different challenges that you face.

Pick one of them.

How can you change your mindset and use your strength to face your fears and overcome challenges?