

## Building your confidence

## Before watching

## 1 Look at the skills below and choose your reactions.

G – I'm good at this

W – I'd like to be good at this

U – This is an unrealistic goal

S – This ability is good for your self-esteem

playing a sport	G / W / U / S
listening to people	G / W / U / S
drawing	G / W / U / S
computer programming	G / W / U / S
speaking in public	G / W / U / S
solving problems	G / W / U / S
keeping secrets	G / W / U / S
singing or playing an instrument	G / W / U / S

## While watching

## VIDEO SKILLS: Identifying confidence and caution

## Confident expressions:

*I'm really proud of ...**I've always been good at ...**People even ask me to ...*

## Cautious expressions:

*I'm quite/not very good at ...**I think that's because ...**Maybe that's why ...*

## 2a 04 VIDEO SKILLS Read the video skills box. Then watch the video. For each speaker, complete the table with what they're good at and how confident they are about their skills.



Callum



Naomi



Rachel



Toby

	Good at ...	Confident?
Callum		
Naomi		
Rachel		
Toby		

## 2b 04 Watch again and answer the questions.

Callum

1 What type of games does he like?

2 What makes him feel proud?

Naomi

3 What makes her a good listener?

4 What two things do her friends value about her?

Rachel

5 What makes her especially proud of her work?

6 What makes her feel good?

Toby

7 Why did he decide to take tennis seriously?

8 What does he say about his progress now?

## 3a 04 Watch again. For each speaker, note down the skills and personality traits that could help them find a job in the future.

Callum

Naomi

Rachel

Toby

## 3b Can you think of a good job for each person?

## After watching

## 4a Think about the teenagers in the video. Which one is most like you? Why? What skills or personality traits do you have in common with the other speakers?

## 4b SKILLS 4 LIFE Make a poster about the serious side of silly skills. Follow these steps.

- 1 Work in groups. Brainstorm a list of 'silly' skills – things people are good at that aren't normally considered to be important skills, for example *telling jokes* or *tidying up your room*.
- 2 For each of the skills on your list, think of as many benefits as you can. For example, telling jokes makes people laugh, and laughing is good for dealing with stress.
- 3 Make a poster to display your silly skills and their more serious benefits. Think of a title for the poster and a way to present the silly skills that will make it both easy and entertaining to read.

## REFLECT ON IT



'We still value traditional skills like sport, art, music or maths more highly than life skills like listening, team-work or giving advice.' Do you think this is true? Why/Why not? Do you think we value the right skills for success in life today?