

CONFIDENCE ASSESSMENT CHECKLIST FOR CHILDREN

1. SELF-PERCEPTION AND SELF-TALK:

- **Positive Self-View:** Does your child generally have a positive view of themselves?
- **Self-Criticism:** Does your child often engage in negative self-talk or self-criticism?
- **Self-Value:** Does your child recognize their worth beyond achievements and external validation?

2. SOCIAL INTERACTIONS:

- **Peer Relationships:** Does your child have positive and healthy relationships with peers?
- **Assertiveness:** Is your child comfortable expressing their needs and opinions in social settings?
- **Social Anxiety:** Does your child frequently avoid social situations due to fear or anxiety?

3. ACADEMIC AND LEARNING CONFIDENCE:

- **Effort vs. Outcome:** Does your child focus more on effort and growth rather than just outcomes?
- **Challenges:** Is your child willing to take on new challenges and persevere through difficulties?
- **Mistakes:** Does your child view mistakes as opportunities for learning rather than failures?

4. EMOTIONAL RESILIENCE:

- **Handling Setbacks:** Can your child bounce back from failures or setbacks effectively?
- **Emotional Regulation:** Does your child have strategies to manage and express their emotions healthily?

- **Coping Mechanisms:** Does your child employ healthy coping mechanisms during stressful situations?

5. PHYSICAL CONFIDENCE:

- **Body Image:** Does your child have a positive body image and self-acceptance?
- **Physical Activities:** Is your child confident in participating in physical activities or sports?
- **Health Awareness:** Does your child understand the importance of physical health without fixating on appearance?

6. INDEPENDENCE AND AUTONOMY:

- **Decision Making:** Can your child make decisions independently and take responsibility for their choices?
- **Problem-Solving:** Does your child approach problems with a sense of autonomy and confidence?
- **Seeking Help:** Is your child comfortable seeking help when needed without feeling inadequate?

7. GOAL SETTING AND ACHIEVEMENT:

- **Setting Goals:** Does your child set realistic and achievable goals for themselves?
- **Celebrating Milestones:** Does your child celebrate their achievements and progress, no matter how small?
- **Perseverance:** Is your child committed to their goals and willing to put in the necessary effort?

8. SUPPORT SYSTEMS:

- **Supportive Environment:** Does your child have a supportive environment at home, school, and within the community?
- **Role Models:** Does your child have positive role models who inspire and encourage them?
- **Open Communication:** Is there open communication between you and your child about feelings, concerns, and aspirations?