



<https://www.bbc.co.uk/teach/articles/z333239>

Confidence - assembly for primary schools

1. As the pupils enter: Play your chosen music – perhaps from [this collection of songs to support assemblies and Collective Worship](#), each with lyrics on screen and backing tracks.

2. Introduction: Question to engage pupils: "Have you ever felt nervous about trying something new? What helped you feel brave and confident?"

Set the tone: Introduce the idea that confidence is about trying, even when something feels scary or uncertain.

Link to the National Curriculum. Explain that today's theme connects to:

- PSHE: Learning how to grow in confidence and resilience.
- English: Developing skills to reflect, speak, and listen thoughtfully.
- PE: Recognising how we can develop physical confidence.

3. The video: Encourage pupils to watch carefully, noting:

- The challenges the character faces.
- How confidence grows with support and perseverance.
- What pupils take away from hearing the real-life stories of developing confidence.

Pause the video at 01:10 and ask pupils to give examples of times when they felt confident.

Resume and pause the video at 02:39 and discuss Orla's story:

- What challenges did Orla face?
- How did she build confidence to overcome her fears?
- What role did others play in helping Orla and Jamie to believe in themselves?
- What can we learn from the Orla's journey about growing our own confidence?

Resume the video and play to the end to discuss Cara's story.

- Who helped Cara to have confidence and how does she develop her own confidence?
- What did Cara design to help other people develop their confidence?

This is an opportunity to introduce someone from your own school community who has a story that demonstrates the value of confidence.

4. After the video – time to talk

- What challenges did Orla face?
- How did she build confidence to overcome her fears?
- What role did others, such as Jamie, play in helping her to believe in herself?
- What can we learn from the Orla's journey about growing our own confidence?
- Who helped Cara to have confidence and how does she develop her own confidence?
- What did Cara design to help other people develop their confidence?

Interactive activity:

Use a 'think, pair, share' format: Pupils discuss their thoughts with a partner before sharing them with the assembly.

5. Opportunity for reflection and/or prayer

Ask each pupil to set a 'confidence goal' for the week, such as:

Trying something new in a lesson.

Offering help or encouragement to a friend.

Speaking up in class when they have an idea to share.

End the session with a positive phrase that emphasises the value of confidence, such as:

"Confidence grows each time we try something new. Together, let's take the leap and believe in ourselves!"