**Growing Confidence Trees**

**Aim:** To demonstrate that confidence is something that grows over time and to help the participants identify ways of facilitating this.

**Outcome:** Young carers will identify ways that they can help their confidence to grow.

**Time:** 1 hour

**Materials:** Sheets of think white card or strong white paper – A3 size or bigger; large sheets of brown paper or card; different shades of green paper; different shades of red paper; apple and leaf templates; pencils; felt-tipped pens; glue stick; scissors

**Activity:**
- Ask each participant to draw a large tree-shape on the brown paper. Include the wiggly roots, strong trunk and spreading branches.

- Cut out the tree and stick it onto the white paper or card.

- Label the large sheet of white paper or card as the confidence tree and ask each young carer to put his/her name on it so that it is their confidence tree.

- Along the wiggly roots ask them to write the ways in which they are already growing in confidence (see Facilitator Note for ideas).

- Along the trunk write “My confidence is growing in …” and then ask them to write an area they would like their confidence to grow (see Facilitator Note for ideas).  

- Ask participants to cut out green leaf shapes. On some leaves participants write one thing they could do to help their confidence grow in their chosen area (see Facilitator Note for ideas).

- Stick these leaves onto the left hand branches.

- On some of the leaves get participants to write things that other people could do to help the young carer feel more confident (see Facilitator Note for ideas).

- Stick these leaves on the right hand branches.

- Stick some empty leaves on the tree too, so that other ideas can be added as the participants think of them, or as other people suggest them.

- Whenever the young carer notices their confidence has grown, write what went well on a red apple shape and stick it onto the tree.

- Encourage them to keep the tree safe and use it to encourage them as they grow in confidence.

**Source:** [www.handsonscotland.co.uk](http://www.handsonscotland.co.uk)

**Facilitator Note**