





CLIMBING FOR CONFIDENCE FEBRUARY 2023 REPORT

ABOUT

Climbing for Confidence is an intervention that uses climbing and bouldering to help develop young people's confidence. It is delivered in partnership with Green Spider Climbing and funded by Herefordshire Council (Public Health).

The sessions are aimed at children in years 4, 5 and 6; we asked teachers to select children who:

- Lack confidence
- Lack resilience
- Struggle to deal with their emotions
- Struggle with challenge

This could include year 6 children who are lacking confidence ahead of their transition to secondary school; a small group of children that are struggling to control their emotions, or children that are struggling with social skills and confidence following the pandemic.

We asked schools not to use this intervention as a reward.

IN NUMBERS

18 Schools 117 Pupils

57 Male 10 BAME

60 Female 25 SEND

0 Non-binary7 Looked after children

30 Pupil Premium







CLIMBING FOR CONFIDENCE PARTICIPANT EVALUATION



96% said they had fun

98% said they were glad that they had taken part



77% said they found it difficult but kept trying

93% said they were proud of something they had done today!



83% said that they felt brave

83% helped someone on the day



79% climbed as high as they wanted or higher!

93% felt the same or more confident by the end of the event

96% said they would like to climb again

EMOTIONS BEFORE THE SESSION





CLIMBING FOR CONFIDENCE SCHOOL FEEDBACK

"We brought this child because she is generally low in confidence. During the session itself we had a few tears, but with support and encouragement, she overcame her fears and got to the top. This has had a real knock-on effect in the classroom: she is volunteering answers when she wouldn't before and seems more alive."

Orleton Primary School

"We took one of our young people to climbing at Green Spider. Within school, she has only just moved to the country so struggled to find her place. She is not confident at all, very shy and struggles with attachment issues.

It was amazing to see her push herself, and the other children cheering her on. She in turn was encouraging the others and every time she got up the wall she went a little further each time. By the end she was at the top, and she has got a new topic to talk about with her friends now she is back – thank you 🕲 "

Withington Primary School

"This young person has low confidence but likes to participate in activities and be part of a team but there low confidence as a impact on this"

"By attending the event, this young person has shown more confidence, they climbed to the top of the climbing wall!, has shown more confidence, has returned to participating in our after school sports clubs and displays greater self esteem"

Riverside Primary School

"One of the children we selected is on pupil premium but also also has a SEND and a EHCP referral has recently gone in. This child has low self confidence and from my understanding of teaching them previously has not had many experiences outside of school. To begin this child did not want to take part but was happy to watch. They were a little nervous but as soon as the opportunity came (after a little observation) he wanted another turn and volunteered to go first for future turns. This child has said they would like to go again and a staff member said how much he enjoyed it! Thank you so much! "

Leominster Primary School

CLIMBING FOR CONFIDENCE SCHOOL FEEDBACK

"This is based on one of the pupils we sent – they are socially awkward and lacking in confidence. They lack self confidence in this area of activity as they have had minimal experience of this kind of event (and in other areas) due to family ill health.

This opportunity to try something new and learn/ discover new skills and abilities has given this pupil a sense of pride, achievement and shown them they can overcome nerves and self doubt. As the session progressed they could see that they were able to overcome their doubts and confidence and they grew in their own confidence.

At school it was noticeable that focus grew and their ability to work in an intervention improved markedly."

Eardisley Primary School

"This has been a fabulous activity for many of our children. At least 10 out of the 15 pupils hadn't been to a climbing centre before. Factors including geographical proximity and affordability.

One child was particularly anxious and got upset with the anticipation of trying something new. The child is reluctant to participate in sports - demonstrating low activity levels. However he managed to climb a few steps on their first try. On the second try they climbed a few steps higher and stated they had climbed far higher than they anticipated. I do believe that if they visited the centre again they would demonstrate even more resilience and climb higher.

One child, who is agile and exceeds in traditional sports, has anxiety and doesn't like anything to be focused on them. They were very nervous and only climbed a few steps. The more tries they had, the more they continued to build the confidence to get to at least two/three metres high.

I observed that by being part of the experience of climbing - ie holding the ropes, the children encouraged each other to climb higher and higher. Climbers were definitely "spurred" on by the vocal encouragement."

LLangrove Academy

[This pupil has] SEN needs and finds team sports difficult but still likes to be active and give things ago. [We brought him] to boost his confidence with sports and trying new things. He has a small circle of friends, so was good to work with different people.

Ashperton Primary School

CLIMBING FOR CONFIDENCE SCHOOL FEEDBACK

"A pre-formal child in our school really loved the experience. Staff said that she was given the freedom to express herself in a quiet and welcoming environment. They saw her general mood and self-esteem improve through the activities and carried on for the rest of the week.

Another child in Year 6 said that it really helped her confidence and anxiety with outdoor adventure activities. Before the session, our pupil did not want to go on the Year 6 end of year trip. However, now she is able to wear a harness, she wants to go!

Thank you so much for delivering an amazing session! "

Blackmarston School

"Thank you for organising the Climbing for Confidence event. The three children we brought thoroughly enjoying themselves.

Two of the children who came are looked after children and the other is someone who lacks confidence and self-belief. It was great to see them joining in with the other children during the games and them feeling a sense of pride when they went a bit higher than the previous time. The event was a good confidence builder and the children enjoyed sharing what they had done when they got back to school."

Bridstow Primary School

"We brought 3 children to the climbing for confidence event at Green Spider. These children were selected because they can often show a lack of confidence in the classroom, during playtimes and during PE lessons. It was felt that these children would benefit from being with similar children so they can see that there are lots of people in a similar position and can take confidence from this. Also, I feel that there is always a sport suited to everyone and it would be hugely beneficial to give them exposure to a new and interesting sport.

I feel that this has had a great impact on the children as demonstrated from their feelings from before the event to after. They believed confidence and abilities had significantly increased. Also, these children on the bus home were planning to go together to have another go at climbing. Thank you again!"

Kingsland Primary School

One of our pupils has low self esteem and is also very quiet. Being in an environment where it wasn't too competitive and with similar individuals, he really 'shone'! Not just as an individual, but also how he was able to help others.

Weobley Primary School