


OUR **home**  IS A

Confidence — BUILDING

BRAIN  — **Growing**

Mistake — MAKING

 FAILURE — **Accepting**
&

LOVE — SHARING 

KIND OF PLACE

PARENT'S CHEAT SHEET TO PRAISING KIDS

by Big Life Journal

Positive words to use

creative	open-minded	reliable
thoughtful	independent	determined
kind	cooperative	enthusiastic
confident	hardworking	optimistic
adventurous	respectful	positive
generous	trusting	skilled
organized	grateful	patient
curious	resilient	focused
tolerant	brave	insightful
grateful	helpful	innovative
friendly	polite	inventive

Praise beyond achievements

Their **appreciation** of art.

Their **excitement** about simple things.

Their willingness to **ask for help** when they need it.

Their **care** for grandparents.

Their **ideas** on how to **improve** things.

Their **curiosity** about the world and people.

Their endless **imagination**.

Their **care** for plants and animals.

Their **positive outlook** on things.

Their **patience**.

Their **focused attention**.



HOW TO PRAISE YOUR KIDS

#GROWTHMINDSET

biglifejournal.com

- ★ Great effort! You must have **worked** really **hard**.
- ★ You really **studied** for your test and your **improvement** shows it.
- ★ I like the way you tried all kinds of **strategies** on that math problem until you finally got it.
- ★ I love the way you stayed at your desk, you kept your **concentration**, and you **kept on** working.
- ★ Wow, you really **practiced** that, and look how you've **improved**.
- ★ See, you **studied more** and your grade on this test is higher.
- ★ You tried **different strategies** and you figured out how to solve the **problem**.
- ★ You **stuck to this** and now you really understand it.



Big Life Journal

Source: Mindsetkit.org

The **ULTIMATE GUIDE** to **PRAISING** your kids

by Big Life Journal



PRAISE SHOULD BE

Sparing ✨ *Specific* ✨ *Sincere*

don't ✖



PERSON PRAISE

Avoid ability-oriented praise, like:
"You're very good at solving puzzles"



PRAISE AS REWARD

Avoid "rewarding" with praise. When
kids anticipate rewards, they lose
interest.



SOCIAL COMPARISON

Avoid comparing to others.



TOO LOW OR HIGH EXPECTATIONS

Avoid setting low expectations, like "Great job!
You wrote a story!" or too high, like
"This is the best story I've ever read!"



EVALUATION

Avoid focusing on judgement with "I like"
statements, such as, "I like how clean
your room looks."

Vs.

do ✔



PROCESS PRAISE

Focus on process, strategies, effort, like:
"You're using great puzzle-solving strategies"



INFORMATIONAL FEEDBACK

Provide specific feedback
on performance.



PERSONAL MASTERY

Focus on child's individual performance.



REASONABLE EXPECTATIONS

Praise should reflect standards
that could be realistically met.



ENCOURAGEMENT

Give encouragement, like "Your room looks
clean!". This helps develop internal
evaluation.

PRAISE MORE THAN ACHIEVEMENTS:



generosity, forgiveness, compassion, courage, being a loving
friend or sibling, taking a stand, appreciation of art, etc.

ALTERNATIVES TO PRAISE

Say thank-you ✨ Acknowledge goals ✨ Say nothing ✨ Ask questions

10 GROWTH MINDSET QUESTIONS

TO ASK YOUR KIDS AT THE DINNER TABLE

1. What did you do today that made you think hard?
2. What challenge or problem have you worked on today?
3. Can you think of something new you tried today? What was it?
4. Was there anything that made you feel stuck today?... Great! What other ways might be there to solve this?
5. What did you learn today outside of school?
6. Can you think of a mistake you made today? ... Great! How can you use this mistake to do better next time?
7. Is there anything you are struggling with? ... Excellent! What new strategies can you try next?
8. Can you think of something you could have done better today?... Great! Who can you seek feedback from to make it better?
9. What would you like to become better at?
10. Did you do anything today that was easy for you? ... How can you make this more challenging for you?