OUR home In IS A

Confidence - BUILDING



MISSEGIBS - MAKING

FAILURE - Machine

LOVE - SHARING



KIND OF PLACE

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PARENT'S CHEAT SHEET TO PRAISING KIDS

by Big Life Journal

Positive words to use

creative open-minded thoughtful independent kind. cooperative confident hardworking adventurous respectful trusting generous organized grateful resilient curious tolerant brave grateful helpful friendly polite

determined enthusiastic optimistic positive skilled patient focused insightful innovative inventive

reliable

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.

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How to Praise Your Kids

#GROWTHMINDSET

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- 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.

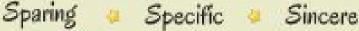
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Source: Mindsetkit.org

" ULTIMATE GUIDE PRAISING your kids

by Big Life Journal

PRAISE SHOULD BE







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 EXPECTACTIONS

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."



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

1 OGROWTH 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?

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Free growth mindset printables at biglifejournal.com