

## Encouraging/Discouraging Statements

Cut apart the statements below and mix them. Give them to class members and ask them to put them under the proper heading on the board or flip chart.

### Encouraging Statements...

- Focus on what was learned or improvements made. Examples: "You are learning how to hold the crayon and put the color where you want it."
- Help the child to feel good about himself or herself. Examples: "I'm proud to be your parent" or "You're able to do so many things to help me at home."
- Focus on the child's abilities. Examples: "You're a good singer" or "I like the way you behave."
- Stress working hard toward a goal or working well with others. Example: "You are a faithful member of your team; you really put your best effort into that game."
- Show love for the child. Example: "I don't like what you did, but I will always love you."

### Discouraging Statements...

- Focus on what was done wrong. Example: "Look where you got outside the lines; you need to work on that some more."
- Make the child feel bad about himself or herself. Examples: "I see you made two Cs on your report card; you aren't doing your best" or "You really blew it this time."
- Focus on the child's failures. Examples: "You wouldn't remember your head if it were not attached" or "Singing just isn't your talent."
- Compare children to others. Examples: "You'll never be able to play soccer like Lisa" or "Look how well your brother does in math; why can't you be more like him?"
- Tie your love to what they do. Examples: "I love you when you do what I ask" or "I don't love you when you are bad."

## Encouraging Words

1. I appreciate that.
2. You are very good at that.
3. That's the best you've ever done.
4. Nice try!
5. That's the way to do it.
6. I knew you could do it.
7. OUTSTANDING!
8. You are getting better.
9. You're really working hard today.
10. You're a big help.
11. You figured that out fast.
12. You did that very well.
13. Nice going.
14. That was kind of you.
15. SUPER!
16. You make it look easy.
17. I sure am happy you are my child.
18. I'm very proud of you.
19. You can do it.
20. You'll do better next time.
21. I think you've got it now.
22. You've got a great future.
23. PERFECT!
24. Keep on trying.
25. Good thinking.
26. You are doing that much better today.
27. You've just about got it.
28. You're really improving.
29. I love you!
30. That's much better.
31. Very nice.
32. FANTASTIC!
33. You're doing beautifully.
34. Congratulations.
35. That's right
36. EXCELLENT!
37. You're doing fine.
38. Couldn't have done it better myself.
39. TERRIFIC!
40. Good for you.
41. You're doing the best you can.
42. Way to go.
43. Thank you.
44. You did a lot of work today.
45. Look at you go!
46. You've got it.
47. GREAT!
48. You're using your head.

## Expressing Encouragement

Change each discouraging statement listed below to an encouraging statement.

Discouraging Statement	Encouraging Statement
"You don't know when to be quiet."	"I appreciate it when you listen."
"You're too little for that."	
"You don't have a brain in your head."	
"You'd forget your head if it were not attached."	
"You're not trying hard enough."	
"I don't care what you think."	
"You're such a pest."	
"You're impossible!"	
"It's hard for me to love you when you act that way."	
"My life would be easier without you around."	
"You're a lazy bum."	
"Can't you do anything right?"	

## Expressing Encouragement Examples

Change each discouraging statement listed below to an encouraging statement.

<b>Discouraging Statement</b>	<b>Encouraging Statement</b>
"You don't know when to be quiet."	"I appreciate it when you listen."
"You're too little for that."	"Soon you will be big enough to do that by yourself."
"You don't have a brain in your head."	"I like it when you think before you act."
"You'd forget your head if it were not attached."	"I sometimes forget things too. What can you do to remember next time?"
"You're not trying hard enough."	"I can see you are really trying to get it right. One more time might do the trick."
"I don't care what you think."	"I'm glad you are thinking, but I need to make this decision for myself."
"You're such a pest."	"You are really persistent."
"You're impossible!"	"I appreciate it when you behave as I ask."
"It's hard for me to love you when you act that way."	"I love you, but I don't like the way you are acting right now."
"My life would be easier without you around."	"Sometimes I get cranky when things are hard, but I am glad you are in my life."
"You're a lazy bum."	"I enjoy it when you are energetic."
"Can't you do anything right?"	"You caught your mistake. Good job!"