



EXAMPLES OF BEHAVIORS TO PRAISE AND ENCOURAGE

- Sharing
- Talking politely or respectfully
- Complying with requests
- Good eating manners at dinner
- Going to bed at agreed upon time
- Doing homework before watching TV
- Solving a problem
- Turning down the television or music
- Doing chores
- Coming home from school on time
- Getting up promptly in the morning
- Putting bike away or wearing helmet
- Making the bed
- Picking up clothes or putting laundry in basket
- Limiting time on computer games
- Staying calm when frustrated
- Helping a younger sibling
- Helping with dishes after supper
- Being thoughtful
- Being patient
- Being kind to another child or adult
- Let parent know where they are when out of home
- Check in with parents when agreed upon plans change

EXAMPLES OF WAYS TO GIVE PRAISE AND ENCOURAGEMENT

"You do a good job of..."
"You have improved in..."
"I like it when you..."
"Good for you for..."
"Good idea for..."
"You've done a good job of..."
"See how _____ has improved in..."
"You're doing very well."
"Look how well he/she did..."
"That's a perfect way of..."
"Wow, what a wonderful job you've done of..."
"That's correct, that's the perfect way to..."
"I'm so happy you..."
"It really pleases me when you..."
"You did a brilliant job of..."
"Impressive effort on..."
"Thank you for..."
"What a nice job of..."
"Hey, you are really sharp; you..."
"That's great, it really looks like..."
"You did exactly what I asked you to do."
"My, you listened so well."
"My! That was so thoughtful."
"I'm proud of you for..."
"I'm very proud of you for..."
"Beautiful! Fine! Great! Gorgeous! Tremendous!"
"How thoughtful of you to..."

Some Physical Rewards

A pat on the arm or shoulder
A hug
High Five
Thumbs up