

## Chapter 3 Encouragement

The focus for this week's worksheet will be  
**Noticing Children's Contributions to Others.**

What I have found that children appreciate so deeply is when an adult notices or acknowledges something they have done for another child. Here are some steps to remember when noticing your child's kind acts toward others.

**Step 1:** Start the statement with the word "you" or the child's name followed by the word "you." ("John, you....")

**Step 2:** Describe in detail what your child did.

**Step 3:** Relate how your child's behavior helped someone else. You can do this by continuing the sentence with, "so\_\_\_\_\_."

**Step 4:** End with a tag by saying, "That was helpful! That was kind," or "That was caring."

### Basic Formula:

You \_\_\_\_\_ so \_\_\_\_\_. That was \_\_\_\_\_.

"Mary, you helped your brother put his shoes on. That was kind."

"You gave your sister the toy. That was very kind."

"You cleaned up your toys right away when mom asked you. That was very helpful."

### Try this!

Try to consciously use this strategy three times each day. Soon, you'll find that it will become automatic!