

Ideas for Children's Self-Praise

- 😊 Something I do well is ...
- 😊 I am getting better at ...
- 😊 I can ...
- 😊 I am proud that I ...
- 😊 I can help other people to ...
- 😊 I taught someone how to ...
- 😊 I am leaning to ...
- 😊 I am worth while.
- 😊 I am capable.
- 😊 I am always changing and learning and growing.
- 😊 That was difficult.
- 😊 That took courage.
- 😊 I was able to decide to ...
- 😊 I enjoyed ...
- 😊 I have accomplished ...
- 😊 I am not afraid to ...
- 😊 Something I can do all by myself is ...
- 😊 Something I can do now that I couldn't do last year is ...
- 😊 I was persistent, despite the problem.
- 😊 I tried.
- 😊 I am gaining self-control.
- 😊 That was thoughtful of me.
- 😊 I am pleased.
- 😊 I like the choice I made.



Honest praise does wonders in restoring self-confidence and the desire to do better.

Shirley Beaver,
Building A Child's Self-Image: A Guide for Parents, 1982
The Minnesota Association for Children and Adults with Learning Disabilities