

# Emotion Coaching and praise

Praise that is too general can sound like a judgment. It might not be accepted as the compliment it was intended to be. It can also teach children to depend on compliments from others to feel satisfied with their own achievements.

Descriptive praise is specific and non-judgmental. It teaches children to praise themselves and to be aware of exactly what it is that they are doing well.

- Describe what you see and hear
- Say how it makes you feel, or how you think it has made the other person feel.

## Example 1

Traditional praise might sound something like:

What a wonderful boy you are!

A descriptive praise version of this might be:

I love this picture you drew for me. I especially like the many colours you used. They make me feel so happy and cheerful!

## Example 2

Instead of saying

You are so generous!

Try:

When you saw that Tim couldn't find his crayons you lent him yours. He seemed very grateful that he could use your crayons to finish his homework.

