



# Encouragement

**Positive words support positive behaviour**

1. You can do it. It just takes practice.
2. That was a thoughtful thing to do.
3. You kept trying and you figured it out.
4. That was helpful. Thank you.
5. You shared your toy. That was kind of you.
6. There you go. That's it.
7. I know you worked very hard on that.
8. We make a great team.
9. Everybody needs help sometimes.
10. You showed me you can...(calm down; listen; touch gently; be patient, etc.)

**Encouragement builds resilience**

