

EFFECTIVE PRAISE

Praise improves relationships when it is:

SPECIFIC	FREQUENT	IMMEDIATE
Clearly labeling the positive behavior	Praise 5 times for every 1 correction; can use both verbal and non-verbal modalities	Given as soon after the behavior as possible
<i>"Great job following directions the first time."</i>	<i>"I see you got started on your worksheet, high five!"</i>	<i>"It's awesome that you just tried again!"</i>

Praise improves relationships when it focuses on:

EFFORT instead of ability	PROGRESS instead of perfection
<i>"I can see you are working really hard on that assignment- nice job."</i>	<i>"I like that you used a coping tool to try to calm down"</i>

Personal Praise Plan:

1. Behaviors I'd like to see more often:

- a. _____ b. _____

2. Times or situations I can look for these behaviors are:

- a. _____ b. _____

3. Specific, labeled praise statements I can make for # 1 are:

- a. _____ b. _____

4. Nonverbal reinforcements I can pair with praise statements in #3 are:

- a. _____ b. _____

Notes about using my personal praise plan (for example, when and what I praised, how it went):