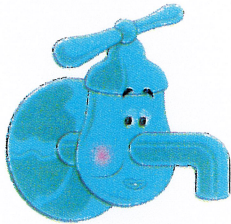




# ENCOURAGEMENT and the power of UNITY

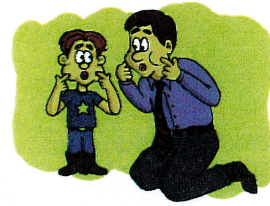
## Breathe:



## Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a “ssshhh” sound and release all your muscles, draining out the stress.

## Love Ritual:



- ♪ **On your face you have a nose.**  
Touch the child’s nose.
- ♪ **And way down here you have ten toes.**  
Gently tickle those toes!
- ♪ **Two eyes that blink.**  
Blink your eyes as you touch next to the child’s eyes.
- ♪ **And a head to think.**  
Gently cradle the child’s head in your hands.
- ♪ **Arms go high**  
Hold the child’s hands and lift them up high.
- ♪ **And arms go low,**  
Hold the child’s hands and pull them down low.
- ♪ **A great big hug to say, “Hello!”**  
Give a great big hug!

## Basic noticing:

“You did it! You \_\_\_\_\_ (describe without judgment) \_\_\_\_\_.”

Or “Look at you! You \_\_\_\_\_ (describe without judgment) \_\_\_\_\_.”

You did it! You wrote your name!

Look at you! You pushed the lion button and it roared!

## Noticing to encourage compliance:

“You did it! You \_\_\_\_\_ (describe without judgment) \_\_\_\_\_.”

You did it! You waited for a turn!

You did it! You held my hand to cross the street!

## Noticing to encourage helpfulness:

“You \_\_\_\_\_ (describe action without judgment) \_\_\_\_\_ so \_\_\_\_\_ (describe impact on others) \_\_\_\_\_.”

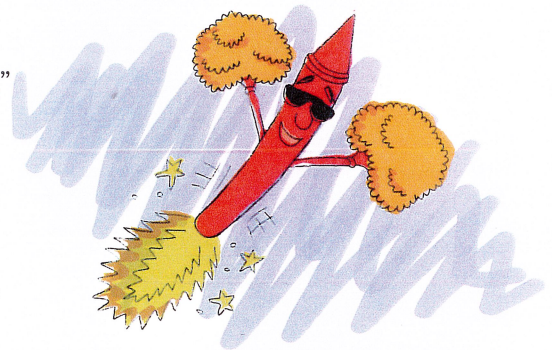
That was \_\_\_\_\_ (helpful, kind thoughtful, loving, etc.) \_\_\_\_\_.”

You did it! You put your toy in the basket so the floor would be clean. That was helpful!

You set the table with forks, plates and napkins so the family would have everything needed to eat dinner. That was helpful!

You did it! You saw Jayce drop his crayon and you picked it up so he could finish coloring. That was kind!

You did it! You handed Mommy the dirty pacifier so I could wash it off. That was helpful!



# You did it!