

The cheat sheet ...

Behavior Specific Praise

Sentence starters

Get in the habit of using these sentence starters. The 'fill in the blank', makes it necessary for you to add in the "what for" to your praise statement.

Thank you for...

I like how you...

Good job doing...

Wow! Way to..

You did a wonderful job at...

I really appreciate how you...

Thumbs up for...

When you ..., that was awesome!

You really rock at...

I love seeing you...

Increase your use of praise overall!

Aim to use more praise statements than corrective statements.
Psychology experts recommend a 5:1 ratio of positive interactions
to negative.

Goal: 5 praise to each correction