

## Praise for Doing and Praise for Being

There are two kinds of praise.

**Praise for doing** – tells someone that you have noticed what they are doing, and that you like it. If you acknowledge efforts, they are more likely to have another go.

**Praise for being** – tells someone that we value them just for being who they are – their own qualities, personality, etc. they don't have to do anything to earn the compliment; it's unconditional.

### WHAT WE CAN PRAISE/ENCOURAGE CHILDREN FOR

#### FOR DOING

offering a favourite toy to a friend  
answering the phone for you  
washing the dishes  
picking up toys  
getting ready on time

#### FOR BEING

sense of humour  
kindness towards family  
reliability  
their bright smile  
generosity in sharing