

Strength Spot

She kept going after it broke
twice. Say: I noticed you did not
give up.

Brain note: praising effort builds a brain that
keeps trying.

Strength Spot

He tried the knot four times before
it held. Say: You kept going until it
worked.

Brain note: praising talent can make a child
avoid hard things.

Strength Spot

He asked why the moon changes shape. Say: You ask questions that make me think.

Brain note: a question puts the brain in search mode, ready to learn.

Strength Spot

She turned the shell over to see
underneath. Say: You looked
closer than most.

Brain note: the brain remembers best what it
went looking for itself.

Strength Spot

She sat with the child who was
alone. Say: You noticed someone
needed company.

Brain note: naming kindness makes a child
more likely to do it again.

Strength Spot

He gave away the last piece
without being asked. Say: That was
a generous choice.

Brain note: describing the act, not the child,
is easier to believe.

Strength Spot

He owned up before anyone
asked. Say: Telling the truth took
courage. Thank you.

Brain note: calm answers keep a child willing
to tell you the truth.

Strength Spot

She corrected a score in your
favor. Say: You kept it fair even
when it cost you.

Brain note: the brain repeats what gets
noticed out loud.

Strength Spot

He went first even though he
looked nervous. Say: You did it
while feeling scared.

Brain note: courage is acting with fear, not
without it.

Strength Spot

She spoke up when something felt wrong. Say: You said the hard thing out loud.

Brain note: being heard once makes speaking up easier the next time.

Strength Spot

He made the whole table laugh
without hurting anyone. Say: Your
jokes bring people in.

Brain note: laughter lowers stress, and a calm
brain learns better.

Strength Spot

She turned a tense moment into a
laugh. Say: You made that easier
for everyone.

Brain note: humor takes quick thinking and a
good read of the room.

Strength Spot

He split the turns evenly without a
fuss. Say: You made sure everyone
got a turn.

Brain note: fairness rests on seeing things
from another point of view.

Strength Spot

She explained the game so no one
felt lost. Say: You helped everyone
join in.

Brain note: leading is a skill, built by
practice, not a fixed trait.

Strength Spot

He used a box as a boat, then a hat. Say: You found uses no one else saw.

Brain note: praise the idea, not the label, and more ideas follow.

Strength Spot

She waited her whole turn without rushing. Say: Waiting is hard, and you did it.

Brain note: waiting strengthens the brain's braking system, bit by bit.

Strength Spot

He stayed with the puzzle for
twenty minutes. Say: You stuck
with that a long time.

Brain note: attention is trained; long stretches
of focus build it.

Strength Spot

She filled the bowl before her own snack. Say: You made sure the cat came first.

Brain note: caring for a living thing builds real responsibility.

Strength Spot

He spotted the one thing that
changed. Say: Your eyes catch
what others miss.

Brain note: noticing detail is a skill, and it
sharpens with use.

Strength Spot

She cleared the table before
anyone asked. Say: You saw what
needed doing.

Brain note: unasked help grows when it is
noticed, not ordered.

Strength Spot

He felt angry and walked away
instead. Say: You stopped yourself.

That is strong.

Brain note: stepping away gives the thinking
brain time to catch up.

Strength Spot

She thanked the driver without a
nudge. Say: You noticed someone
helping you.

Brain note: noticing good things on purpose
lifts mood over time.

Strength Spot

He passed even though he could
have scored. Say: You played for
the team.

Brain note: working together uses the brain's
read-the-others network.

Strength Spot

She got it wrong, then tried again.

Say: A mistake did not stop you.

Brain note: mistakes met calmly keep the
learning circuits switched on.

Strength Spot

He lost the game and shook hands
anyway. Say: Losing well is its own
strength.

Brain note: shame narrows thinking; feeling
safe keeps a child trying.

Strength Spot

Her drawing did not work, but she kept at it. Say: The effort was the good part.

Brain note: effort praise builds the belief that ability can grow.

Strength Spot

He let his friend finish the whole story. Say: You listened all the way through.

Brain note: listening well takes real effort; the brain wants to reply.

Strength Spot

She found her own way around the
stuck door. Say: You solved that
on your own.

Brain note: solving it yourself sticks better
than being told.

Strength Spot

He asked the quiet child to join.

Say: You made room for someone.

Brain note: being included calms the same
brain areas that feel pain.

Strength Spot

She said sorry and meant it. Say:
You repaired that yourself. That
takes strength.

Brain note: repairing after a rupture is what
keeps trust growing.

Strength Spot

He said he would feed the fish, and
he did. Say: You did what you said
you would.

Brain note: keeping small promises builds the
habit of keeping big ones.

Strength Spot

She stayed calm while everyone
else panicked. Say: You kept your
head steady.

Brain note: one calm person can settle a
whole room's stress response.

Strength Spot

He asked for help instead of
quitting. Say: Asking for help is a
smart move.

Brain note: asking for help is a skill, not a sign
of weakness.

Strength Spot

She tried the food she was sure she
would hate. Say: You gave
something new a go.

Brain note: new experiences build new links
in a growing brain.

Strength Spot

He stayed beside a friend who was
upset. Say: You stayed when it was
hard.

Brain note: a steady friend lowers stress
hormones in both children.

Strength Spot

She took her time and checked her
work. Say: You slowed down to
get it right.

Brain note: slowing down lets the brain catch
its own errors.

Strength Spot

He said I am frustrated instead of shouting. Say: You named it instead of throwing it.

Brain note: naming a feeling calms the brain's alarm system.

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Also try: Reflection Journals,
Empathy-Building Activities, and
Conversation Cards.

Brain note: Find every set at
NextGenLearners.com.