



## Jar of Compliments

*If your child does appreciate verbal praise, seeing it in writing makes it even more powerful. Writing and expressing praises through words are some of the best ways to build a child's confidence and self-esteem. Praise nurtures confidence and sense of self. As a parent, using praise shows your child how to think and talk positively about themselves. Praise helps a child learn how to recognize when they do well and feel proud of themselves. The great thing about verbal praise is that there is no specific age attached to it.*

Find an empty, unused jar. Feel free to give your child the opportunity to decorate the jar as they choose. Allow your child to cut strips of construction paper. Depending on the child's age, you may need to assist or support during this part. If it is just you and your child, you will each have a different color strip of paper. If there are more than two of you in the household, assign each family member a different color.

Share with your child and other family members that when each of you see something you appreciate or want to praise, grab that person's color, write a short note, and put it in the jar. Remember, this is a great opportunity for the children to write, too.

During dinner or any time that all the family is at home together, read from the notes. The jar may become empty after all the wonderful and kind words are pulled and shared. No worries, inform everyone that you can continue to add strips of paper to the jar, pull, and write notes at any time. It is just nice to be nice and it builds confidence not only in your child, but the entire family as well.

### Learning on the Go!

While you are out and about, practice being intentional about giving your child verbal praise. To start you on your way, click [here](#) to find 10 compliments to give your child. You will begin to see how your child begins to adopt the same behavior by providing others with verbal praise as well.



Share with us! We would love to see how you did with this activity. Use the hashtag [#grow2gether](#) so we can find it!

