



Praise for Being and Doing

Copy this worksheet, then cut out the left side statements of praise for being and praise for doing. Put the slips in a cup or hat. Have each parent choose a slip and identify whether it is praise for being (who a child is), or praise for doing (efforts and behaviors). You may want your own copy so you can have the answers which are found to the right of each statement.

I love you	Praise for Being
You buttoned your buttons, good job	Praise for Doing
I am happy to be your mom/dad	Praise for Being
Nice job cooperating with your sister	Praise for Doing
It is nice to see you try so hard	Praise for Doing
You are special	Praise for Being
You did really well in school	Praise for Doing
You are a great kid	Praise for Being
I am so proud of your determination	Praise for Doing
You did a good job	Praise for Doing
You are a beautiful	Praise for Being
You are so smart	Praise for Being
Your painting is very nice	Praise for Doing