101 WAYS TO PRAISE A CHILD

WOW – WAY TO GO – SUPER – YOU'RE SPECIAL – OUTSTANDING – EXCELLENT – GREAT – GOOD – NEAT – WELL DONE – REMARKABLE – I KNEW YOU COULD DO IT – I'M PROUD OF YOU – FANTASTIC – SUPER STAR – NICE WORK – LOOKING GOOD – YOU'RE ON TOP OF IT – BEAUTIFUL – NOW YOU'RE FLYING – YOU'RE CATCHING ON – NOW YOU'VE GOT IT – YOU'RE INCREDIBLE – BRAVO – YOU'RE FANTASTIC – HURRAY FOR YOU – YOU'RE ON TARGET – YOU'RE ON YOUR WAY – HOW NICE – HOW SMART – GOOD JOB – THAT'S INCREDIBLE – HOT DOG – DYNAMITE – YOU'RE BEAUTIFUL – YOU'RE UNIQUE – NOTHING CAN STOP YOU NOW – GOOD FOR YOU – I LIKE YOU – YOU'RE A WINNER – REMARKABLE JOB – BEAUTIFUL WORK – SPECTACULAR – YOU'RE SPECTACULAR – YOU'RE DARLING – YOU'RE PRECIOUS – GREAT DISCOVERY – YOU'VE DISCOVERED THE SECRET – YOU FIGURED IT OUT – FANTASTIC JOB – HIP, HIP HURRAY – BINGO – MAGNIFICENT – MARVELOUS – TERRIFIC – YOU'RE IMPORTANT – PHENOMENAL – YOU'RE SENSATIONAL – SUPER WORK – CREATIVE JOB – SUPER JOB – FANTASTIC JOB – EXCEPTIONAL PERFORMANCE – YOU'RE A REAL TROOPER – YOU ARE RESPONSIBLE – YOU ARE EXCITING – YOU LEARNED IT RIGHT – WHAT AN IMAGINATION – WHAT A GOOD LISTENER – YOU ARE FUN – YOU'RE GROWING UP – YOU TRIED HARD – YOU CARE – BEAUTIFUL SHARING – OUTSTANDING PERFORMANCE – YOU'RE A GOOD FRIEND – I TRUST YOU – YOU'RE IMPORTANT – YOU MEAN A LOT TO ME – YOU MAKE ME HAPPY – YOU BELONG – YOU'VE GOT A FRIEND – YOU MAKE ME LAUGH – YOU BRIGHTEN MY DAY – I RESPECT YOU – YOU MEAN THE WORLD TO ME – THAT'S CORRECT – YOU'RE A JOY – YOU'RE A TREASURE – YOU'RE WONDERFUL – YOU'RE PERFECT – AWESOME – A+ JOB – YOU'RE A-OK – MY BUDDY – YOU MADE MY DAY – THAT'S THE BEST – A BIG HUG – A BIG KISS – SAY I LOVE YOU!

P.S – REMEMBER, A SMILE IS WORTH 1000 WORDS!

101 WAYS TO COPE WITH STRESS

Get up fifteen minutes earlier – Prepare for the morning the night before – Avoid relying on chemical aids – Set appointments ahead – Don't rely on your memory…write it down – Practice preventative maintenance – Make duplicate keys – Say "no" more often – Set priorities in your life – Avoid negative people – Use time wisely – Simplify meal times – Always make copies of important papers – Anticipate your needs – Repair anything that doesn't work properly – Ask for help with the jobs you dislike – Break large tasks into bite size portions – Look at problems as challenges – Look at challenges differently – Unclutter your life – Smile – Be prepared for rain – Tickle a baby – Pet a friendly dog/cat – Don't know all the answers – Look for the silver lining – Say something nice to someone – Teach a kid to fly a kite – Walk in the rain – Schedule play time into every day – Take a bubble bath – Be aware of the decisions you make – Believe in you – Stop saying negative things to yourself – Visualize yourself winning – Develop your sense of humor – Stop thinking tomorrow will be a better day – Have goals for yourself – Dance a jig – Say "hello" to a stranger – Ask a friend for a hug – Look up at the stars – Practice breathing slowly – Learn to whistle a tune – Read a poem – Listen to a symphony – Watch a ballet – Read a story curled up in bed – Do a brand new thing – Stop a bad habit – Buy yourself a flower – Take stock of your achievements – Find support from others – Ask someone to be your "vent- partner" – Do it today – Work at being cheerful and optimistic – Put safety first – Do everything in moderation – Pay attention to your appearance – Strive for excellence NOT perfection – Stretch your limits a little each day – Look at a work of art – Hum a jingle – Maintain your weight – Plant a tree – Feed the birds – Practice grace under pressure – Stand up and stretch – Always have a plan "B" – Learn a new doodle – Memorize a joke – Be responsible for your feelings – Learn to meet your own needs – Become a better listener – Know your limitations and let others know them too – Tell someone to have a good day in pig latin – Throw a paper airplane – Exercise every day – Learn the words to a new song – Get to work early – Clean out one

closet – Play patty cake with a toddler – Go on a picnic – Take a different route to work – Leave work early (with permission) – Put air freshener in your car – Watch a movie and eat popcorn – Write a note to a faraway friend – Go to a ball game and scream – Cook a meal and eat it by candlelight – Recognize the importance of unconditional love – Remember that stress is an attitude – Keep a journal – Practice a monster smile – Remember you always have options – Have a support network of people, places and things – Quit trying to “fix” other people – Get enough sleep – Talk less and listen more – Freely praise other people – PS. Relax, take each day at a time… you have the rest of your life to live.