



fabulogram

MAGIC TOOL



BOOST YOUR CHILDREN'S CONFIDENCE THANKS TO THIS SPECIAL SENTENCE

Compliments, yes, but how?

"This is good", "good boy/girl", "you're good at this": these value judgments are to be avoided because they let the child think that he has fixed qualities that depend on his birth rather than his efforts.

To encourage a state of mind of unlimited possibilities, replace the qualifying adjectives (good, serious, funny, wise, reasonable ...) by a new formula: "I saw that you did (eg: many details on your drawing), this requires (ex: accuracy)"

The child is therefore none and all of these adjectives.

The message to him is that he knew how to use this resource this point in time, and that he can learn to use any resource, in any situation at any point in time.

So use this extensively!

THE MAGIC WORDS

" I noticed that you, this requires" "

dared to ask the lady for help
played the piano for your friends
corrected your mistakes
tasted this new dish
prepared your bag alone
listened carefully to the teacher
wiped the overflowing water
stayed calm as your sister screamed
set the table with your brothers
comforted your cousin
read a book for 30 minutes
went upstairs in the dark alone
invented a new game
revised for your exam
made up with your friends
picked your clothes for the morning
packed your bags in 20 minutes
comforted your sad brother
mended your pearl necklace
waited for your turn to talk
thought before answering
tried this new sport
found a solution for ...
reassembled the toy
dared to say what you thought
adapted your plans promptly
continued to seek the solution

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confidence
assurance
thinking
curiosity
autonomy
attention
common sense
maturity
collaboration
compassion
concentration
courage
creativity
determination
diplomacy
discipline
efficiency
empathy
perseverance
patience
reflection
risk-taking
pragmatism
ingeniousness
affirmation
adaptation
taking a step back

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