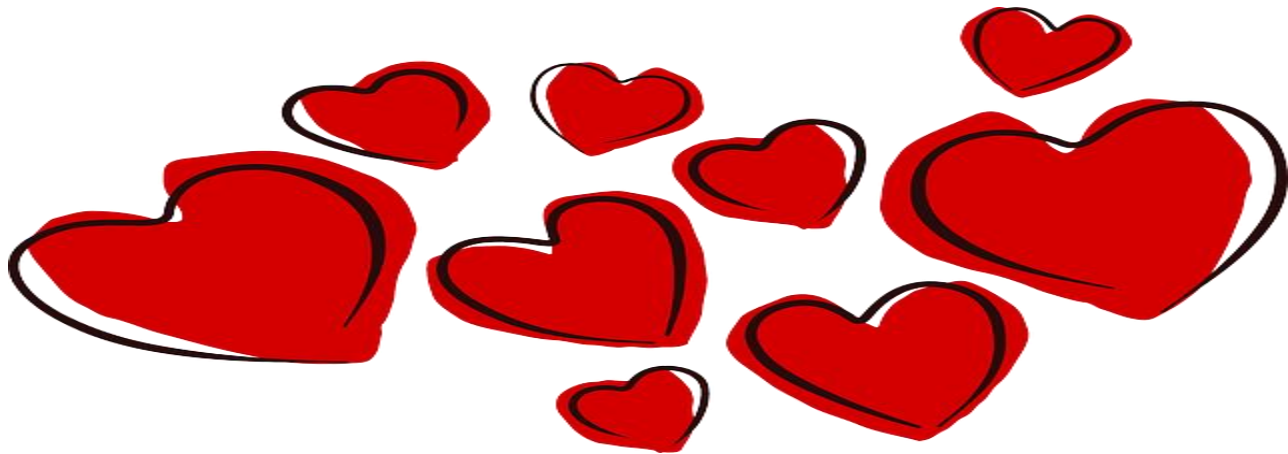
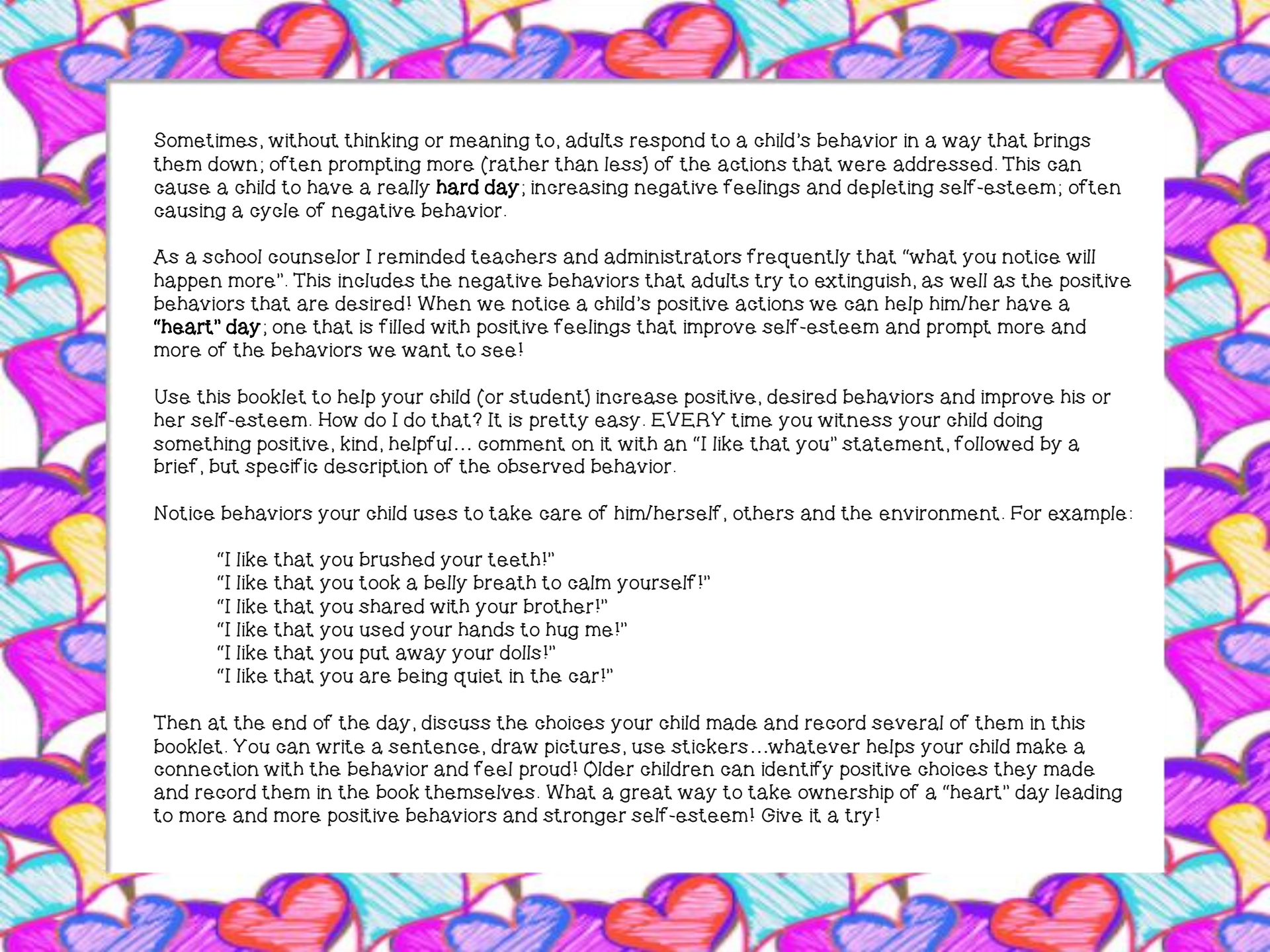


I had a "heart" day!



My name: _____



Sometimes, without thinking or meaning to, adults respond to a child's behavior in a way that brings them down; often prompting more (rather than less) of the actions that were addressed. This can cause a child to have a really **hard day**; increasing negative feelings and depleting self-esteem; often causing a cycle of negative behavior.

As a school counselor I reminded teachers and administrators frequently that "what you notice will happen more". This includes the negative behaviors that adults try to extinguish, as well as the positive behaviors that are desired! When we notice a child's positive actions we can help him/her have a "**heart**" day; one that is filled with positive feelings that improve self-esteem and prompt more and more of the behaviors we want to see!

Use this booklet to help your child (or student) increase positive, desired behaviors and improve his or her self-esteem. How do I do that? It is pretty easy. EVERY time you witness your child doing something positive, kind, helpful... comment on it with an "I like that you" statement, followed by a brief, but specific description of the observed behavior.

Notice behaviors your child uses to take care of him/herself, others and the environment. For example:

- "I like that you brushed your teeth!"
- "I like that you took a belly breath to calm yourself!"
- "I like that you shared with your brother!"
- "I like that you used your hands to hug me!"
- "I like that you put away your dolls!"
- "I like that you are being quiet in the car!"

Then at the end of the day, discuss the choices your child made and record several of them in this booklet. You can write a sentence, draw pictures, use stickers...whatever helps your child make a connection with the behavior and feel proud! Older children can identify positive choices they made and record them in the book themselves. What a great way to take ownership of a "heart" day leading to more and more positive behaviors and stronger self-esteem! Give it a try!

When I take care of myself, I fill my heart with happiness and love.



When I take care of others, I fill their hearts with happiness and love.



When I take care of my space, I fill it with happiness and love.



I had a "heart" day today!



Daddy likes when I...



Mommy likes when I...



My brother likes when I...



My sister likes when I...



My pet likes when I...



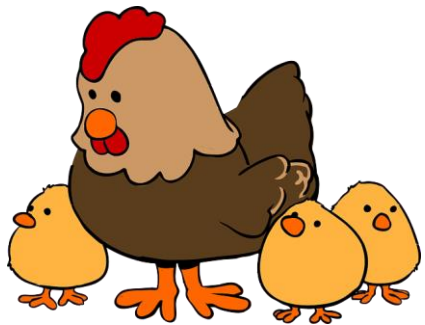
I like when I...



My teacher likes when I...




My classmates like when I...



My friends like when I...





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