

Helpful Words

Materials: Helpful Words coloring pages, pencil, crayons

1. Think about what your child says when they are struggling to do something difficult.
2. Write it in the small box under the frown.
3. Think about something more helpful that your child could say instead.
4. Write it in the large box under the smile.
Here are some examples:



This is too hard.	I can try again.
I don't get it.	I can ask for help.
I'm not good at this.	I'm not good at this yet. Learning takes time!
I keep making mistakes.	Mistakes help me learn.
I give up.	I won't give up!

5. As your child colors each page, talk about the words in the two boxes. Why are the words in the smiley face box more helpful?
6. Hang the pages on the wall or on the refrigerator as a reminder to think about struggles and challenges in a positive way!



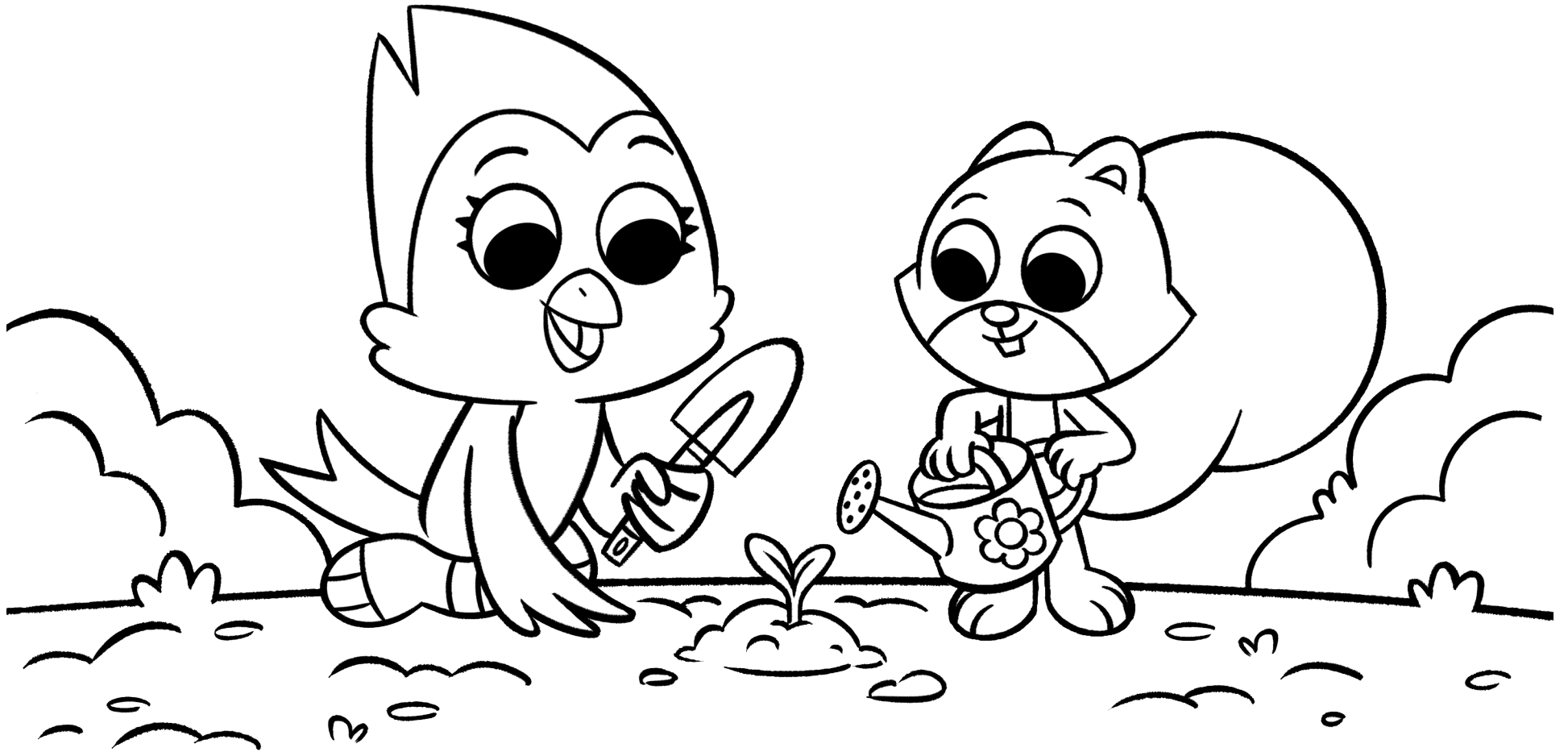
Coloring page example



Instead of saying:



Try saying:





Instead of saying:

Empty rectangular box for writing.



Try saying:

Empty rectangular box for writing.





Instead of saying:



Try saying:





Instead of saying:



Try saying:

