

## 101 WAYS TO PRAISE A CHILD

WOW – WAY TO GO – SUPER – **YOU'RE SPECIAL** OUT-  
STANDING – EXCELLENT – GREAT – GOOD – NEAT –  
WELLDONE – REMARKABLE – I KNEW YOU COULD  
DO IT – **I'M PROUD OF YOU** – FANTASTIC – SUPER  
STAR – NICE WORK – LOOKING GOOD – OURE 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 JOB –  
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 – FANTAS-  
TIC 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 PERFOR-  
-MANCE – **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 RES-  
PECT YOU – YOU MEAN THE WORLD TO ME – **THAT'S CORR-**  
**-ECT – YOU'RE A JOY – YOU'RE A TREASURE – YOU'RE WON-**  
**-DERFUL – 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 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  
airline – 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 far away 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,  
**place 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.**

