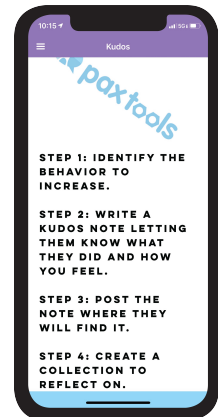


# Kudos Notes



When adults **identify and warmly reinforce positive behaviors**, children will do more of those actions. Often the mistakes and misbehaviors that receive more attention. But with **Kudos Notes**, you can **increase the feedback** and focus the attention on positive performance. These notes are more powerful than verbal praise. Why? Because children like to keep and show others their Kudo Notes.

1. Make a list of the behavior you want to see more of from your child – like getting homework done without being told, completing chores on time, or getting along with siblings.
2. When you **notice the behavior**, write a Kudos Note! Be sure to include what they did and how it made you feel. **Post the note** where your child will find it.
3. Help your child **create a collection of Kudo Notes** to share or read again. Take a picture and share it with family or friends.
4. **Teach and encourage** the whole family to write Kudos Notes to show gratitude **and appreciation** for each other.




This tested and proven strategy teaches children to receive and give praise for **good things in life**, something only humans can do. Because Kudos Notes specifically identify a behavior, your action helps the child repeat that behavior. Kudos Notes lift up our attention for the behaviors we want to encourage—**creating peace, productivity, health, and happiness for everyone**.

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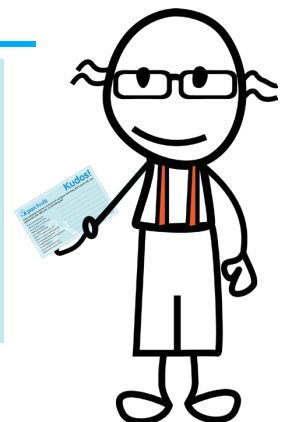


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**Kudos!**

Take a minute to write a note to tell someone that they did a great job, you appreciate who they are, or just because!

Thanks for cleaning up!	
You did a great job today!	
So proud that you are my kid!	
Thanks for helping!	
You handled that well!	
Thanks for keeping your cool!	
Thanks for doing it without asking!	
I noticed your extra effort!	
Congratulations on meeting your goal!	
You are amazing!	
I love you just like you are!	
Just because you are YOI!	



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Just because you are YOU!



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