

"STRENGTH" TRAINING

FOR KIDS PRINTABLE

Instead of..."You are such a picky eater. I don't know why I even bother to make meals for you."

Try..."You didn't like any of the food on your plate at dinner tonight, but you tried at least one bite of everything. You found a way to try it even though you didn't want to."

Instead of..."Why aren't you sharing? All these toys don't belong to you, you know! Give your sister something and quit being so selfish."

Try..."You didn't want to share your toys with your sister. But you found a toy that she would like to play with and you gave it to her. That shows that you care even though sharing is hard for you."

Instead of..."I'm so tired of fighting you at bedtime every night. You need to go to bed and quit your whining all the time."

Try..."You didn't want to go to bed. You wanted to stay up with mom and dad. You got all your frustrations out and then you were calm. You found a way to calm yourself even though you were angry."

Instead of..."Stop running! How many times do I have to tell you to stop and look for cars in the parking lot?"

Try..."There's a parking lot ahead. You can hold my hand. You stopped and looked for cars with me even though you wanted to run. You know how to keep yourself safe."