

### ***Give and Accept Praise (Elementary)***

Do you ever hear your friends say things like “I can’t do this” or “This is too hard”? When your friends say things like that, it means that they don’t feel confident and that they’re having a hard time believing in themselves. You can help your friends by encouraging them and saying things like “You’re working hard and getting better” or “Your practicing has made you better.”

When you ***give praise*** to your friends, it’s important to praise their effort, be specific, and, most of all, be kind. Point out how hard they have been working whenever you can. And mention the specific things they understand better now than when they started.

Don’t compare yourself or your friends to other people—we each need to focus on our own effort and progress. If you’re feeling frustrated, your friends, teachers, or family can help you see your progress and your effort by ***giving praise***. When someone ***gives you praise***, don’t dismiss it. Instead, ***accept the praise*** and express your appreciation. Reflect on how your ongoing practice has led to progress. When you ***give and accept praise***, it helps you be more confident and build stronger self-efficacy. The next time you see your friend working on something really hard, ***give them praise***, and remember to ***accept the praise*** others give you when you are working on something difficult.