

## COMPLIMENTS & APPRECIATIONS~ HALAGOS & APRECIACIONES

### POSITIVE DISCIPLINE

Compliments and appreciation bring us closer together. These last several months have been challenging for families. There is a lot of stress between parents and children. But, do you know that giving and receiving compliments helps to decrease stressors and fosters a positive atmosphere? Here are some compliments in both Spanish and English. You can use them this week, taking the time to model and practice kindness, in Spanish. You can cut them and post them around the house to remind you to say a compliment.

"Agradezco que hayas puesto tus trastes en el fregadero" / *"I appreciate how you put your dirty dishes in the sink"*

"Me di cuenta cómo ayudaste amablemente a tu hermana con su tarea mientras yo estaba en una junta de trabajo" / *"I noticed how kindly you helped your sister with her schoolwork while I was in a work meeting."*

"¡Guau! ¿Te diste cuenta como te vestiste de rápido tu solo?" / *"Wow! Did you notice how fast you dress up by yourself?"*

"Gracias por estar calladito cuando estaba en la junta de zoom" / *"Thank you for being so quiet when I was in the zoom meeting"*

"Me di cuenta de lo mucho que has intentado." / *"I noticed how hard you have been trying"*

"Gracias por ser un gran ayudante y recoger tus juguetes" / *"Thank you for being such a great helper by picking up your toys"*

"Tu escritura está mejorando cada vez" / *"Your writing is improving every time"*

"Me di cuenta cómo intentase resolver el problema usando tus palabras" / *"I notice how you tried to solve the problem using your words"*