**Positive Praise**

**Source: PBISWorld.com**

**Why should I do it:**

* Some people need outward motivators
* It helps keep people engaged
* Provides encouragement
* Boosts confidence, self-concept, and self-esteem
* Increases buy-in
* Builds rapport and trust
* Is uplifting
* Increases persons’ desire and drive to please and succeed
* Increases persons’ resilience
* Helps embed an internal desire to try, succeed, and persist
* Helps people to push through difficulty, barriers, blocks, etc

**When should I do it:**

* Positive praise, according to research, should always be done with every person at a ratio of at least 4 positive praises to 1 criticism
* When a person is stuck, frustrated, getting bogged down, etc
* When a person exhibits good behavior, expectations, help others, show generosity, share, etc
* When a person puts forth good effort
* When a person succeeds, overcomes, persists, pushes through, achieves, etc
* When a person demonstrates positive behaviors
* When a person uses productive coping skills, problem solving skills, etc
* When a person is independent, self-start, etc
* When a person looks down, need encouragement, is having issues, personal difficulties, peer conflict, etc
* When you want to increase a positive behavior
* When you want to improve trust and rapport with someone
* When a person steps outside their comfort zone, looks embarrassed, seems to feel stupid, takes a risk, etc

**How do I do it:**

* Praise, according to research, should be given in a ratio of **at least** 4 praises to 1 criticism
* When a person display positive or productive behaviors, actions, skills, characteristics, etc, or appear to need some encouragement, etc, verbally praise the person and/or give them a high-five, pat on the back, clap, exclamation, cheer, hop, etc
* Praise can be done either quietly or if the person is motivated by peer approval
* Praise can be verbal or physical (like pat on the back, fist pump, head nod, hop, jump, etc)
* When delivering praise, use direct eye contact, positive demeanor, open body position, and get to the level of the person if possible
* Make praises specific, personalized, and individualized
* Repeat praises if the person seems unconvinced at the first stating of the praise
* Restate praises in different ways to get the point across.
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