

## 75 Positive Phrases for Kids Cheat Sheet

1. Let's use our walking feet inside.
2. Water stays in the sink.
3. You can play after your toys are picked up.
4. Let's try again with a calm voice.
5. I see you're frustrated-want a hug or space?
6. When you're ready, I'm here to listen.
7. Let's try it together first.
8. That's not safe. Let's find a better way.
9. You may eat once your hands are washed.
10. The floor is for walking. Want to jump on the trampoline instead?
11. You can watch a show after we read one book.
12. Screens are for after dinner today.
13. Pick one more episode, then we'll go outside.
14. Let's set a timer so you know when it's over.
15. That game looks fun-can I join for one round?
16. You don't have to eat it, but let's try one bite.
17. We sit while we eat.
18. You can choose between broccoli or carrots.
19. Let's keep our hands on our own plate.
20. Dessert comes after dinner is finished.
21. Let's work together for 5 minutes, then take a break.
22. Can you be my laundry helper today?

## 75 Positive Phrases for Kids Cheat Sheet

23. I love how you made your bed! Can you show me how you did it?

24. You're in charge of the spoons tonight!

25. Let's race to see who finishes first!

26. Big feelings are okay. Let's take a deep breath together.

27. You're learning. Mistakes help your brain grow.

28. It's hard now, but you're doing a great job trying.

29. What would help you feel better right now?

30. You're strong and kind-and I love that about you.

31. Use a calm voice so I can hear you.

32. We use gentle hands.

33. Let's walk safely, please.

34. Let's talk to each other with kindness.

35. That's not how we treat our friends.

36. Please use your words instead of your hands.

37. I need you to wait your turn.

38. Let's pause and try that again.

39. It's okay to take a break and try again.

40. Would you like help to get started?

41. Let's figure it out together.

42. You've done hard things before-this is just new.

43. How about we try it step-by-step?

44. You forgot your lunch? Let's think of a plan for next time.

## 75 Positive Phrases for Kids Cheat Sheet

45. I know it's disappointing. What can we do differently tomorrow?

46. Actions have consequences-we'll figure this out together.

47. Would you like to try again later?

48. This is a learning moment.

49. I noticed you shared without being asked-that's awesome!

50. You worked really hard on that puzzle.

51. Your kindness made someone smile today.

52. Thanks for listening the first time.

53. You're a great problem solver.

54. I'm so glad I get to be your parent.

55. Thank you for telling me how you feel.

56. You can always talk to me-even about hard stuff.

57. I believe in you.

58. Let's figure this out together.

59. Let's pick one more book.

60. Want to tell me your favorite part of the day?

61. Your body worked hard today. Let's rest.

62. I'll check on you in 5 minutes.

63. You are safe, loved, and ready for sleep.

64. Time to switch activities-want to hop like a frog or tiptoe?

65. Let's count down from 10 before we clean up.

66. Can I help you get started?

## **75 Positive Phrases for Kids Cheat Sheet**

- 67. What do you want to do after we finish this?
- 68. You're doing great. Almost done!
- 69. Let's turn this into a game!
- 70. I spy with my little eye... a toy to put away.
- 71. Can you be a superhero helper?
- 72. Time to be a detective and find your missing shoes.
- 73. Freeze dance cleanup time!