

Kudos Notes



When we **identify and reinforce positive behaviors**, children will do them more. Most often it's the mistakes and misbehaviors that receive all the attention, but with **Kudos Notes**, you can **increase the feedback** and focus the attention on positive performance.

- 1.** **Identify the behavior you want to see more of from your child** – like getting homework done without being told, completing chores on time, or getting along with siblings.
- 2.** When you **notice the behavior**, write a Kudos Note! Be sure to include what they did and how it made you feel. **Post the note** where your child will find it.
- 3.** Help your child **create a collection of notes** to share or read again. Take a picture and share it with family or friends.
- 4.** **Teach and encourage** the whole family to write Kudos Notes to show gratitude and appreciation.

This tested and proven strategy teaches children to receive and give praise. Because Kudos Notes specifically identify a behavior it helps the child repeat that behavior. Kudos Notes give attention for the behaviors we want to encourage, **provide peace, productivity, health, and happiness for everyone.**

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