



Recognize the Process Not the Product

Do Say	Don't Say
What did you learn in school today?	How did you do on your test?
How did you improve your game?	How many goals did you score?
Were you proud of your piece in the art exhibition?	Did you get the blue ribbon?
I love watching you think. You work so hard to figure things out.	You're so smart.
Tell me about your picture. It seems to have so much feeling.	You're such a great artist.
I think you did well because you really studied. It paid off.	Math sure comes naturally to you.
I really admire how you'll search for the answers and get help until you feel confident.	I'm so proud of your grades.

adapted from *Building Resilience in Children and Teens* by Dr. Kenneth R. Ginsburg