



I Can Do It

Some young children love showing what they can do! Come up with different moves or tasks for the children to try. As they try them out, acknowledge their efforts. Then give them the opportunity to create their own moves to share with the class.

For example:

- ◆ Yoga poses
- ◆ Zip a jacket
- ◆ Pat their head
- ◆ Jump 5 times

More Support: Point out when a child is trying a new task or skill. Focus on their effort and their perseverance (e.g., walking, using a spoon).

Acknowledge Effort

"That yoga pose is hard when you have to twist your body like that. But you kept trying!"

"Wow! You showed us that you can jump 5 times. That is hard to do!"