

Super Strokes

by John F. Taylor, Ph.D

Super strokes are statements and actions that tend to develop, maintain, or enhance the child's experiencing of self-worth, social impact, self-direction, or self-confidence.

1. **GRATITUDE:** "Thank you!" "I am grateful for what you did."
2. **SHARING A SKILL:** "Now you can play pretty music for all of us." "Are there any other students whom you can help in math now?"
3. **EMPATHY:** "I'll bet that was fun." "You really enjoy doing that, don't you!"
4. **SOCIAL IMPACT:** "When you did that, it allowed me to rest 5 minutes." "You really helped Suzy by doing that."
5. **RECIPROCAL FAVOR:** "I'm sure Matt will want to play with you tomorrow since you played so nicely today." "When you help with the dishes, I have more time for playing with you."
6. **UNIQUENESS:** "Green is really your color." "Your sons always have such happy smiles."
7. **SELF-DETERMINATION:** "I would like you to do this, but you choose how and when." "You go right ahead if that is what you want."
8. **SELF-IMPACT:** "There are lots of things you can do to help yourself." "You're helping yourself by doing that." "Jogging will strengthen your heart and lungs." "It's nice to do something for yourself, isn't it!"
9. **MATERIAL IMPACT:** "You can build a lot of things with your new tool kit." "When you water the flowers, they will grow and bloom."
10. **ACKNOWLEDGE EFFORT:** "I can see a lot of work went into this." "I'm glad you tried."
11. **LABEL THE ACT:** "You tied your shoes." "You cleaned your room." "You drew me a picture."
12. **EMPHASIZE STRENGTH:** "This is easier for you now." "Your correct answers are circled in red." "That part looked easy for you."
13. **TELL ME ABOUT IT:** "Tell me about your picture." "I'm interested to hear what you are doing in school."

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