



# Character: Encouragement Ages 1 year to 2 years

**Objective:** The child builds self-confidence after trying and learning how to accomplish small, short activity tasks on their own.

## **Materials needed:**

Just you and your child—and positive words!

## **Procedures**

1. This activity is all about what it says:  
Encouragement!
2. This is what you're going to do. Provide small, short activities for your child to complete throughout the day. Some are listed on the next page. You may choose to try to work on and teach one, two, a few, or all of them listed.
3. As your child does each of those activities, use words and positive gestures (such as cheering and clapping) to encourage your child to "do it!" You may also use words like: "Good job \_\_\_\_." "Uh oh, keep trying." "You can do it!" "Yay for \_\_\_\_, you did it!" This builds language for your



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child and builds encouragement. ANY child at ANY age understands positive verbal direction, and continuing to encourage and positive re-direction will build a self-confident kid!

## **Small, short activities may include:**

- Practicing how to walk &/or run
- Practicing how to jump
- Practicing how to kick a ball
- Practicing how to use a spoon or fork correctly
- Practicing how to open or close a door
- Practicing how to throw a ball in a laundry basket
- Practicing how to open or close something
- Learning how to drink from a straw

## **Milestones to meet:**

The child begins developing confidence through positive words. The child can complete a task.

## **Evaluation:**

Did this lesson work for your child? Why or why not?