

POSITIVE MINDSET

Negative Phrases vs. Positive Alternatives For 3 to 5 year olds.



Negative: "You're so stubborn!"

Positive: "I admire your persistence. Let's try to compromise."

Negative: "What's wrong with you?"

Positive: "I see you're having a tough moment. Can you tell me about it?"

Negative: "You'll ruin your clothes!"

Positive: "Please be careful. Let's wear something more suitable for this activity."

Negative: "Don't be scared!"

Positive: "It's okay to feel scared. I'm here with you."

Negative: "You always make a mess!"

Positive: "Accidents happen. Let's clean it up together."

Negative: "That was easy, why can't you do it?"

Positive: "Everyone learns at their own pace. I'll help you until you get it."

Negative: "You ask too many questions!"

Positive: "I love your curiosity. Let's find the answer together."

Negative: "This is not a game!"

Positive: "It's important to be serious right now. Let's focus."

Negative: "I'm busy! Leave me alone."

Positive: "I need a few minutes to finish this, and then we can spend time together."

Negative: "Stop being so clingy."

Positive: "I see you need some closeness. Let's hug it out, and then you can play for a bit."

Negative: "You're not trying hard enough."

Positive: "Keep trying, and I'll help you along the way."

Negative: "Why are you always daydreaming?"

Positive: "It's wonderful to have an imagination. What were you thinking about?"

Negative: "You're just doing that for attention."

Positive: "I see you want my attention. Let's find a positive way to connect."

Negative: "I'm disappointed in you."

Positive: "Let's talk about what happened and find a solution."

Negative: "You're too young to understand."

Positive: "This might be a bit tricky to understand, but I'll explain it in a way you might get."

The switch from negative to positive not only fosters a more constructive environment but also provides children with tools to process their feelings, understand their actions, and grow emotionally. It's essential to remember that, at this age, children are constantly learning and looking to adults for cues on how to navigate the world

Produced by Kelly Molloy



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