The Power of Language and Acceptance

BE IN THE MOMENT: “I see, I notice”

Life and Learning happen in the Moment. Providing children “First Hand Experiences of Learning” is the most powerful type of learning experience. We need language that brings us into THEIR moment. Also, we have come to realize “I” statements communicate “I Love You” and serve as a foundation to create deeper connection.

VALUES LANGUAGE: Stating the skill, quality or trait you see being demonstrated.

When we live in our Values, life is more rich. Learning how to link behavior to the values we hold dear and wish to see more of provides an inner power and strength to all. When we are stronger on the inside, we can better manage the stuff life throws at us.

CLEAR LANGUAGE: Reduce confusion, increase compliance.

Be Straight and Honest. Don’t try to be clever, ask leading questions you already know the answer to, or use “reverse psychology”. People of all ages know B.S. when they hear it.

Phrases like, “I need, I want” over “Would you, could you, Please” help increase compliance and set the stage for us to build more success.

EXAMPLE:

1: Be in the Moment: Notice the Behavior or Emotion in Front of you:
   ➢ Johnny I see your toys all over the floor and you stopped playing and look angry,

2: Value Language: Offer an open question and/or a value statement intended to recognize what is going right in the moment.
   ➢ What’s up? Then after the answer recognize the child’s awareness, honesty, thoughtfulness, etc.
   ➢ Or: I like how your showing good self-control while you figure out what to do next.

3: Clear Language: Make a clear statement or request of what is needed next, then wait for compliance and start all over again.
   ➢ When you are calm, I need you to pick up the toys on the ground and put them back in the box.