



THE NURTURED HEART APPROACH©
CLASS #2:

PRESENTED BY
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PLEASE ANSWER THE FOLLOWING QUESTIONS

PART 1

Think of your child/ren:

1. Identify 1 or 2 **behaviors** they display regularly that you are pleased by but rarely compliment.

a. _____

b. _____

2. Identify 1 or 2 qualities they possess or that you wish they possessed.

a. _____

b. _____

3. Identify 2 rules you think are most important for children to follow.

a. _____

b. _____



PART 2

ACTIVE RECOGNITION: Describe exactly what you see the child/ren doing that you appreciate. (e.g., “I appreciate that you put your shoes in the closet and asked me how my day was.”)

Use the two examples you gave in question 1 from Part 1 above and write out an active recognition statement for each behavior)

a. _____

b. _____

Experiential recognition: After you describe the behavior you appreciate in the child/ren (Active Recognition) you add a quality they are showing they possess through the behavior you are noticing.

***Active recognition-** “I appreciate that you came right into the house, put your bookbag away and asked me how my day was.”*

***Experiential recognition-** “This tells me you are **thoughtful and disciplined** child who is **ready to start their homework**”*

Use the two examples you gave in question 2 from Part 1 above and write out an experiential recognition statement for each behavior)

a. _____

b. _____

Proactive Recognition: After you have witnessed a positive behavior you share an appreciation for their not doing a less desirable option thus emphasizing, they had a choice.

*“You could have entered the room, not put your bag on the hook and started walking around the room, **but you did not.** I appreciate the good choice you made.”*

Use the two examples of rules you listed in question 3 from Part 1 above and write out a proactive “you could have...” statement that gives an example of breaking each rule. Remember to end with “But you made a good choice)

a. _____

b. _____



The 3 Stands of The Nurtured Heart Approach

STAND 1

ABSOLUTELY NO: I WILL NOT FEED THE WEEDS

I will not feed into negativity: I will respond to it with the least amount of words and relational energy.

STAND 2

ABSOLUTELY YES: I WILL FEED THE FLOWERS

I will respond to qualities I see in others with detailed recognition of those qualities.

STAND 3

ABSOLUTELY CLARITY: I WILL SET CLEAR EXPECTATIONS AND CONSEQUENCES.







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proven methodologies for creating attuned
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