Research shows that praise has temporary results; whereas, encouragement is long-lasting. When children are praised, they learn to rely on others’ perceptions as a gauge of their own worth. However, encouragement teaches children to trust in themselves. When children are encouraged, their own feelings matter more than how others feel about them. This promotes resiliency when children do not receive positive feedback. However, because praise shows immediate results, teachers often find it easier to praise students rather than encourage them. Yet, encouragement is more likely to increase students’ self-esteem. This indicates a need for teacher education programs to incorporate training in encouragement as a classroom strategy.

### How does Encouragement Differ from Praise?

**Praise**
- Is evaluative
- Focuses on the product rather than the process
- Teaches children to rely on external validation

**Encouragement**
- Is neutral
- Focuses on the effort (process) rather than the product
- Teaches children to rely on internal validation

### Praise vs. Encouragement

#### Instead of...
- Good job!
- Excellent!
- I’m proud of you.
- You’re a hard worker.
- You’re smart!
- That’s a beautiful picture.
- I like it!
- You are so creative!
- Great work!

#### Use...
- You worked hard on that.
- You are excited you could do that.
- You’re proud of that!
- You concentrated and you did it!
- You got it all by yourself.
- You made it just the way you wanted it.
- You really like it.
- You used lots of different colors!
- You did it!