



# Nurtured Heart Approach®

## Recognition Techniques

### Active Recognition

An observation of the facts of what you see before you, providing a verbal snapshot of the moment. This recognition is given with no interpretation or opinion, just simply the specific facts of the molecules of success. Sends messages to the recipient of “I’m worth being noticed” and “I can do it because I **am** doing it”.

**Starter ideas:** “I see you (*behavior*).” “I notice that you (*behavior*).” “I hear you...”  
 “I observed that you...” “Here’s what I am seeing (*action or emotions*).”

**Examples:**

- Johnny, I see you have your book out and open to the page given in the instructions.
- Sally, I notice that you just took off your shoes as soon as you walked in the door.
- Chad, I hear that you are using a quiet voice, even though there is lots of noise happening around you.
- Wow, Camilla, look at you! I could see, from across the room, that you just picked up the papers that fell on the floor, even though you seem to be a little upset and even though no one told you to help.

### Experiential Recognition

An observation of both the facts that you see and also what that says about the person’s greatness. Building on Active Recognitions, Experiential Recognitions add the value of who the child is proving they are, in that moment. This technique sends messages of worth and re-writes the child’s portfolio of who they are, based on first-hand experiences of character-focused success.

**Starter ideas:** **Part A** = Active Recognition **Part B** = Character Quality

<p><b>A)</b> “I see you (<i>behavior</i>)...”          “I notice...”, “I want to energize you for...”,          “I appreciate that you...”, “I want to honor that you...”,          “I want to celebrate that you...”          “I need to accuse you of...”</p>	<p><b>B)</b>...and what that shows is that you are (<i>quality</i>).”          “and that is evidence that you are...”          “which proves that you are...”          “and you are showing your...”          (Only address positive actions or qualities.)</p>
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**Examples:**

- Sarah, I noticed that you just looked irritated by that word problem, and yet you kept on working on it to completion, which shows that you are perseverant and a diligent student.
- Josh, I see that you put both your lunch money form and your daily planner on the table for my signature. You are setting both of us up to be successful in getting out of the house tomorrow morning, when we don’t have to scramble to get those things done. Way to show your responsibility and organization!
- Claire, you just handled telling me something challenging that happened at school with honesty and maturity. I want to honor you for handling the situation with such integrity.

Sometimes, you may do Part B before Part A, such as:

- Mike, right there was evidence of how patient and kind you are. That elderly man was approaching the same checkout line as you, and you let him go first in line. What amazing respect you just showed him!

## Proactive Recognition

An honoring and celebration of the rules that have **not** been broken. Proactive recognition is a deliberate statement to identify the success in what isn't happening in a situation but could be. This type of recognition is filled with empowerment, as the child is fully given credit for the positive choices they made, even if they hadn't been deliberate in the decision. Rules are taught in this manner, through a very first-hand experience of success. Sends messages of power and control, for both the current moment and to be used in the future.

### Starter ideas:

"I see you not (*behavior*), even though you could be, and what that shows is that you are (*quality*)."

"You totally could have \_\_\_\_\_, and instead you \_\_\_\_\_ and that proves that you are \_\_\_\_\_."

"You seem to be feeling (*emotion*) and you are still not \_\_\_\_\_. That shows how \_\_\_\_\_ you are."

"I'm impressed that you \_\_\_\_\_ instead of \_\_\_\_\_. That really takes \_\_\_\_\_ to make that kind of choice!"

### Examples:

- Catherine, I just noticed that Sam walked past and bumped into you and you didn't get angry or shove him, but instead just stepped away. What a powerful way to handle the way you get to decide your own choices. That takes a lot of self-control and you have it!
- Steve, I know that you don't particularly like my answer to the question you just asked, but I want to honor you for the maturity that you are showing in not rolling your eyes or being argumentative.
- Jane, look at the focus that you are using on this project right now. You aren't rushing or scribbling, but instead are taking your time and showing off your amazing artistry.
- Jordon & Emma, I can see that both of you are looking at the board and focusing on this word problem. You could be doodling or daydreaming, but instead you are showing your focus and intention to learn.

## Creative Recognition

A method of creating success that may not otherwise exist. This technique starts with a clear and doable request or an action in progress and then celebrates movement in the right direction, regardless of intention or quantity of movement. Creative recognitions "hijack" children into success, by lowering the rope and being very clear about where the rope is. Sends messages of clarity, ability, and forward motion into new successes.

### Starter ideas:

"I need you to..." "I want you to..." "Go ahead and..." "It's time to..."

"I see you getting ready to \_\_\_\_\_." "I see that you \_\_\_\_\_, and now I need you to \_\_\_\_\_."

"I was going to ask you to \_\_\_\_\_, and you already did it! That shows how you are \_\_\_\_\_."

### Examples:

- Robert, I need you to come here. (*pause for action*) I want to honor you for looking up at me when you heard my words. I appreciate that you are moving in this direction and showing your respectfulness.
- Maya, it's time to finish the snack that you are eating so we can go. (*pause*) Look, you kept chewing which shows that you are doing exactly what I asked. I appreciate how you are a team player in getting us out the door.