



# Nurtured Heart Approach®

## Participant Learning Companion





# NHA® Core Methodology

## “The 3 Stands™ of the Nurtured Heart Approach®”

<b>Stand 1</b>	<p><b>Absolutely No!</b></p> <p>I refuse to accidentally energize negativity.</p>	<ul style="list-style-type: none"> <li>• I will not accidentally reward negativity with my energy, connection, or relationship.</li> <li>• Positives cannot register until the child experiences that they are no longer getting connected through negativity.</li> </ul>	<p>Stories that illustrate Stand 1:</p> <ul style="list-style-type: none"> <li>• Toys-R-Us</li> <li>• Video Game Theory</li> </ul>
<b>Stand 2</b>	<p><b>Absolutely Yes!</b></p> <p>I will super-energize experiences of success.</p>	<ul style="list-style-type: none"> <li>• I will relentlessly create and energize positivity and success through my recognitions and relationship.</li> <li>• I will energize and nurture first-hand experiences of success.</li> <li>• I will not just “catch kids being good” but will see the miracles in the molecules of success.</li> </ul>	<p>Stories that illustrate Stand 2:</p> <ul style="list-style-type: none"> <li>• Video Game Theory</li> <li>• Shamu</li> <li>• The Toll-Taker</li> </ul>
<b>Stand 3</b>	<p><b>Absolutely Clear!</b></p> <p>I will set clear limits and provide clear, un-energized consequences.</p>	<ul style="list-style-type: none"> <li>• I will have intentional clarity in my rules and expectations.</li> <li>• I will always provide a true consequence, without looking the other way.</li> <li>• When a rule is broken, I will allow the child to reset and be welcomed back with forgiveness.</li> </ul>	<p>Stories that illustrate Stand 3:</p> <ul style="list-style-type: none"> <li>• Video Game Theory</li> <li>• Basketball Game Story</li> <li>• Speed Limit Story</li> </ul>

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# Nurtured Heart Approach®

## Recognition Techniques

### Active Recognition – “Kodak Moments”

#### What is an 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 for Active Recognitions:** “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 of Active Recognitions:

- 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 – “Polaroid Moments”

#### What is an 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 for Experiential Recognitions:** **Part A** = Active Recognition **Part B** = Character Quality

<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...”	<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.)
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#### Examples of Experiential Recognitions:

- 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 – “Canon Moments”

### What is a 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 for Proactive Recognitions:

“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 of Proactive Recognitions:

- 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

### What is a 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 for Creative Recognitions:

“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 of Creative Recognitions:

- 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.



## Emotionally Nutritious Words

### Describe what is *right* about the person in front of you.

In the Nurtured Heart Approach®, created by Howard Glasser, this type of recognition is called Experiential Recognition (what you see + the value).

Ask yourself “What is so great about what I am seeing?” or “What do I appreciate about this moment in front of me?” Remember to stay in the NOW and relentlessly refuse to admire in silence.

Here is an example of how you may use these words to recognize and reflect what is right.

“I see, notice, etc. that you are (fill in emotionally nutritious word) because (describe specifically what evidence you have of this by their actions).

A joy	Being powerful	Detail-oriented
A good friend		
A great example	Compassionate	Exceeding expectations
A hard worker	Centered	Efficient
A helper	Cooperative	Easy to like
A great listener	Creative	Empathetic
A warrior of good	Courageous	Eager to learn
A spirit warrior	Constructive	Energetic
A problem solver	Clear	Encouraging
Able to think ahead	Committed	
Artistic	Courteous	Fearless in learning
Attuned to others	Content	Fair
Aware	Connected to others	Faithful
Authentic	Creating a peaceful place	Focused
Acting creatively	Contributing to a quiet	Forgiving
Acting responsible	classroom	Full of generosity
Admirable	Considerate	Full of joy
Appreciative	Capable of solving problems	Full of (add own word)
Attentive		Flexible
Attentive to detail	Dedicated	
	Deep thinker	Generous
Being wise	Determined	Gentle
Brave	Discerning	Giving of your time
Bringing out the best in others	Dignified	Giving
Being inspirational	Demonstrating integrity	Grateful
Brilliantly thinking	Delightful in spirit	Genuine

Good-hearted	Merciful	Sunshine to others
Gracious		Showing integrity
	Neat	Seeking justice
Helpful		Showing wisdom
Harnessing your energy for good	Organized	Steadfast
Handling strong emotions	Open-minded	Soulful
Having unique ideas	Overflowing with thoughtfulness	Strong on the inside
Having an open mind	Overflowing with patience	Sensing what is right
Having a servant's heart	Observant	Spiritually wise
Honorable		Trustworthy
Honest	Polite	Teachable
Hopeful	Patient	Tenderhearted
Humorous	Positive	Thankful
Humble	Peaceful	Thrifty
	Powerful	Tactful
Independent	Powerfully spirited	Thoughtful
Inspiring	Productive	Tenacious
Inquisitive	Purposeful	
Intuitive	Passionate	Understanding
Intelligent	Pleasant	Using a pleasant voice
Inquisitive	Persistent	Using your great mind
		Uplifting
Joyful	Quiet	Unifying
	Questioning	
Kind		Vibrant
Kindhearted	Reasonable	Visionary
	Relationally focused	Vigilant
Loving	Respectful	
Looking out for others	Respecting of self	Warm
Likable	Refined	Wise
Lighthearted	Receptive to new ideas	Well mannered
Logical	Relentless in finding the answer	Welcoming of all
Managing your time well	Relentless	Weighing your choices
Making great choices		
Making an insightful inference	Seeing the big picture	Youthful
Making a solid educated guess	Sincere	
Motivated	Sensitive to others' needs	Zestful
Mindful	Self-controlled	

Challenge: Take these words and start your own day with the ABC's. "I am the greatness of..." or "I have the spirit of ...." Start with an A word and continue. Remember to describe specifically how you demonstrate these qualities in your life.





# Key Words of Greatness Pertaining to Academic Acquisition & Achievements

Expressions of recognition, appreciation and acknowledgment will build upon emerging skill sets related to learning. Heightening those recognitions with expressions pertaining to the greatness you notice and appreciate will deepen the child's movement in a positive direction.

**This list correlates to the Common Core Curriculum language and concepts.**

For example, a teacher could say to a child, "Here is the *greatness* of \_\_\_\_\_ that I see in you. Here is what I see that leads me to say that..."

## The Greatness of:

Accomplishment	Comparing and contrasting	Delineating
Acquisition	Comparing diverse ideas	Demonstrating originality
Addressing	Completion	Demystifying
Advocating	Comprehending challenging information	Denoting
Amalgamating	Comprehending implications	Deriving intention and value
Anticipating	Concept development	Deriving meaning
Applying	Conceptualizing	Describing
Appropriately assuming	Concluding	Determining
Arguing points	Confidence with skills	Determining options
Articulating	Connecting concepts and information	Developing
Asking good questions	Connecting the dots	Development of ideas
Asserting	Connoting	Development of projects
Assessing the big picture	Contending	Differentiating
Assessing implications	Contrasting	Discerning
Assigning	Conveying ideas	Discerning differences
Associating frameworks	Cooperative skills	Discerning similarities
Associating diverse concepts	Correlating	Displaying
Attaining fluency	Creating	Distilling
Balancing	Creating real world applications	Distinguishing
Being scientific	Creating working theories	Drawing conclusions
Blending	Creative thinking	Editing
Brainstorming	Critical thinking	Effectively arguing
Bridging ideas	Critiquing	Effective assessment
Challenging existing patterns	Culling out the important aspects	Effective communication
Challenging divergent ideas	Decision-making	Effective compromise
Character development	Deduction	Effective decision-making
Collaborative decision-making	Deep understanding	Effective planning
Collaborative problem solving		Efficient time management
Collaborative thinking		Elucidating
Combining concepts		Employing concepts

Estimating	Integration of knowledge	Resolving disagreements
Evaluating the accuracy of data	Interfacing	Resolving discrepancies
Experiential acquisition of information	Interpretation	Resourcing
Experimenting	Introducing ideas	Reviewing
Explicit expression	Inventing	Risk-taking
Expressing creativity	Judging important factors	Showing clarity
Expressing thoughtful discernment	Justifying conclusions	Showing flexibility
Fathoming	Leadership	Showing intention
Figuring out	Linking	Showing motivation
Finalizing	Listing	Simplifying
Finding meaning	Making a determination	Skillfully processing information
Finding the links	Making inferences	Solving mysteries
Flowing	Mastery	Sophisticated sensing
Focused communication	Mixing	Sparking ideas
Forming a hunch	Navigating technologies	Speculating
Forming assessments	Networking	Spirit of teamwork
Forming cognitive reflections	Obtaining mastery and proficiency	Strategizing Summation
Forming strategies	Outlining	Surmising
Forming theories	Paraphrasing	Symbolizing
Formulating creative ideas	Performing vital tasks and duties	Synthesizing
Formulating an order of operations	Piggy-backing	Synthesizing variables
Formulating hypothesis	Polishing	Targeting
Gathering information	Portraying	Team Leadership
Generalizing	Practicing	Thinking
Generating abstract ideas	Preparing	Thoughtful evaluation
Harboring conscious connections	Problem solving	Transferring
Highlighting	Processing complex and conflicting interpretations	Understanding
Hinting	Productivity	Unfolding ideas
Hypothesizing	Putting to use	Uniting
Illuminating	Ranking	Universalizing
Illustrating	Rationalizing	Unpacking concepts
Illustrating	Reasoning	Utilizing
Imagining	Referencing	Verifying alternatives
Implementing	Refining	Verifying facts and data
Independent exploration	Reflective listening	Weighing differences
Inferring	Reflecting on choices	Weighing the accuracy of diverse information
Information gathering	Reflecting on objectives	
Informed decision-making	Reflecting on questions	
Innovating	Relating	
Inquiring	Rendering	
Inquisitive nature	Representing	
Integrating premises	Reproducing	
	Researching	

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## SATISFACTION SURVEYS

Your voice matters. Please complete the satisfaction survey by using the link provided or scan the QR code.

To use the QR Code: Hold your device over the **QR Code** so that it's clearly visible within your smartphone's screen. When you correctly hold your smartphone over a **QR Code**, the phone automatically **scans** the **code** and the link to Survey Monkey will appear. Hit the link to start the survey.



<https://www.surveymonkey.com/r/J868FT5>

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