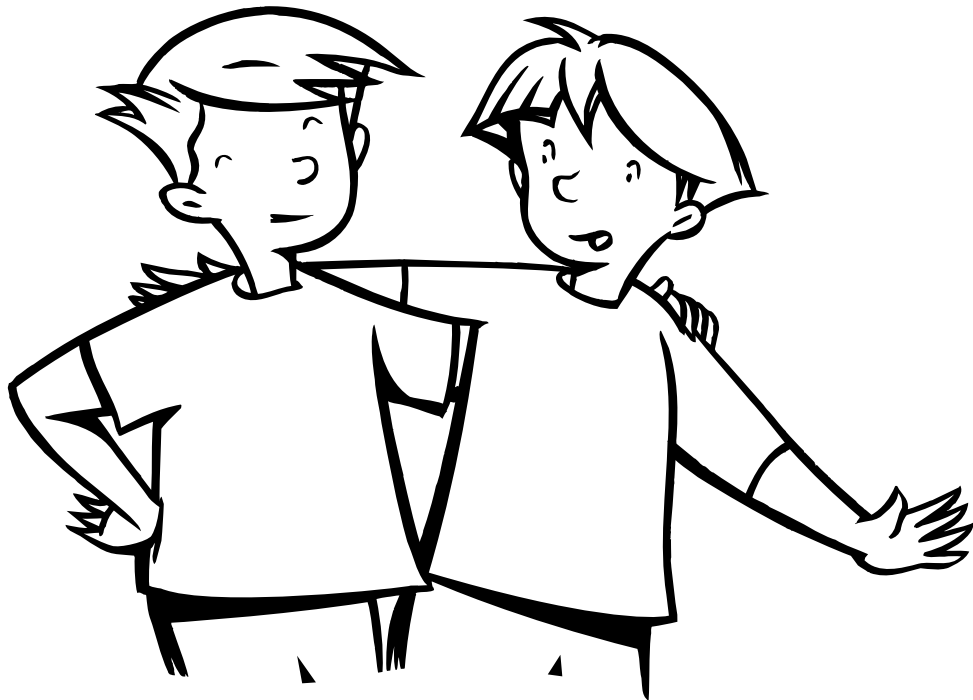


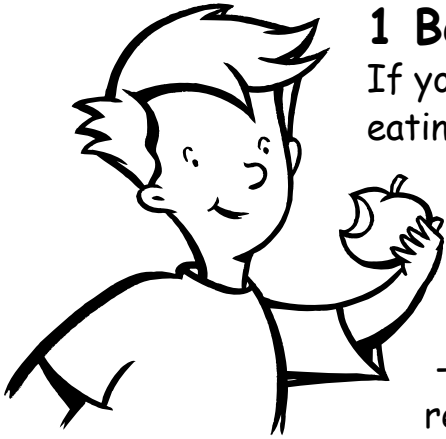
Be Encouraging!

Be on the look out for friends
who are looking discouraged
or for someone who is working hard at
something or trying something!

It is the perfect chance for you to be
ENCOURAGING!
Remember, we enjoy spending time with
people who encourage others!



Being Encouraging



1 Being Encouraging

If you see a friend who is taking baby steps towards eating fewer "Other" fuels and more healthy fuels, what could you and your friends do to encourage this person?

- You could say, "Wow! I notice you're really eating healthfully these days!"
- You could comment, "I have some fruit for recess today would you like a piece?"



2 Being Encouraging

If you see a friend who is taking baby steps towards moving more vigorously, what could you and your friends say or do to be encouraging?

- You could join this person in their vigorous movement or play!
- You could say, "You are looking strong and healthy!"
- You could comment, "Wow! I've noticed you moving more vigorously!"



3 Being Encouraging

If you notice a friend who is smiling a lot and being kind to other people, what could you and your friends do to encourage this person?

- You could say, "I really enjoy your smile!"
- You could comment, "Your smile makes others feel good."
- You could tell them, "Thanks for being so kind."

