

Avoid

Praising ability
"You're so good at solving puzzles."

Exaggerating
"That's the best story I've ever read."

Comparing
"You're so much better at this than your brother."

Setting Too Low Expectations
"Great job! You wrote a story."

Evaluating
"I like how clean your room looks."

Try

Focusing on effort
"I can tell you put in a lot of time and effort on that."

Focusing on individual progress
"You improved since last time."

Focusing on performance
"You didn't give up even when it was hard."

Giving encouragement
"You look really proud of yourself."

Encouraging
"Your room looks clean."