

# Low Emotional Responses



“Stop it!” “Be quiet!” When we **pay a lot of attention** to mistakes and misbehavior it can actually cause more misbehavior and conflict. **Low Emotional Responses** allow adults to give neutral, private feedback to children without embarrassment or interruption of an activity.

1. Pick some non-verbal cues for both positive and negative feedback.  
This could be a **thumbs up**, a hand on the shoulder, or some other agreed upon sign.  
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2. Talk about **expectations** for an upcoming activity and how you will use your non-verbal cues.  
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3. During an activity, use your non-verbal cues to remind children of expectations. Use **positive cues more** than negative cues.  
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4. **After the activity**, talk with your child about how they did.  
Compliment them for times you noticed they **responded to cues**.

This tested and proven strategy helps adults give immediate feedback to a child **without getting emotional**. When we give **more attention to the behaviors we do want** and less attention to the behaviors we do not want, children learn there is a greater reward for behaving well. **Low Emotional Responses increase the peace, productivity, health, and happiness for everyone!**

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