



Supporting PAX Students at Home

Tootle Notes

Tootle Notes are a strategy your child's teacher uses to help children learn to recognize the good and improvement in one another. Tootle Notes **are written notes of thanks** that model both showing and receiving gratitude and appreciation. Tootle Notes are a powerful strategy for improving peer relationships and acceptance.

Tootle Notes can help your child right away:

- They will seek out and recognize others for the good they do.
- They will do less tattling on others.
- They will work with peers to resist bullying.

Tootle Notes can help your child in the long run:

- They will develop the strong peer connections that prevent emotional problems.
- They will voluntarily work toward group success.
- They will avoid impulsive or problematic choices.

Here's how you can use Tootle Notes when working on school at home:

1. Identify the behavior you want to see more of out of your child – like completing their home work on time or giving good effort on an assignment.
2. When you notice the behavior, be sure to write a Tootle Note and post it where your child will find it. Be sure to identify exactly what they did and how good it made you feel.
3. Help your child create a collection of their notes to share or read again later. Take a picture of the Tootle Note to share with family and friends.
4. Teach and encourage the whole family to write Tootle Notes to show gratitude and appreciation.

Tootle Notes teach children to both give and receive gratitude in a way that they can carry out for the rest of their lives. Tootle Notes **help clearly identify what behaviors are valued** and necessary. This practice also increases friend networks and provides for cherished sentiments. Tootle Notes provide **peace, productivity, health and happiness for everyone.**

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