

What happens when teachers acknowledge kids' effort?

Kids surveyed in Kansas in 2021 whose teachers notice when they do a good job and tell them about it report feeling depressed less often than kids who report their teachers don't notice.

14% fewer kids surveyed reported feelings of depression when their teachers notice and tell them they are doing a good job compared to students whose teachers don't notice.



What Can You Do?

By simply looking for ways students are doing a good job and providing specific feedback, teachers can impact student's behavioral health in a positive way. An effective strategy for building resilience is to ensure positive interactions with students outweigh negative interactions.

 Learn more at developingchild.harvard.edu/resources

Why does this matter?

Responsive relationships and feedback help children deal with stress, regulate emotions and behaviors, and build hope for the future. When kids feel sad or hopeless and stop doing some usual activities, this can impact their motivation, ability to focus, and academic performance.