

# Do vs. Don't

*Language is not sensory information, therefore it must be experienced to be understood.*

Kids, their bodies, even their emotions - need to be labeled, told what to do instead of what NOT to do.

**Do = one step command**

**Don't = two step command**

***DON'T sit down.***

First, we picture sitting. Then we have to process the opposite. And stand.

***Stand up.***

Easy. We see it (imagine it), and we do it.

Where can we turn our *don't-s* into *do-s*?

Common **don't** statements you use:


Changing into **do** language:


