

The Children Who Need Encouragement the Most Often Ask for It in the Hardest Ways

Not every child asks for help with words.

Some ask through frustration.

Some through silence.

Some through anger.

Some through avoidance.

Some through behavior that pushes others away.

And often, the children who need encouragement the most are the ones who struggle the hardest to receive it.

Behavior Is Often Communication

When a child constantly disrupts class, refuses to participate, shuts down emotionally, or reacts aggressively, adults often focus only on correcting the behavior itself.

But underneath many difficult behaviors is something deeper:

- insecurity,
- fear,
- emotional overwhelm,
- frustration,
- lack of confidence,
- or a child who simply does not know how to process what they are feeling.

Sometimes behavior is not defiance.

Sometimes it is distress.



Children Who Feel Defeated Often Protect Themselves First

Many children would rather appear difficult than appear vulnerable.

Because vulnerability feels dangerous.

A child who believes:

- “I’m not smart enough,”
- “Nobody likes me,”
- “I always fail,”
- or “I’m bad,”

may stop trying completely.

Some children become class clowns.

Some become angry.

Some become withdrawn.

Some become disruptive.

Not because they don’t care —

but because protecting themselves emotionally feels safer than risking failure again.

One Encouraging Adult Can Change a Child’s Life

Children remember the adults who believed in them.

Especially when they were struggling.

Sometimes a single teacher, coach, mentor, or parent becomes the turning point in a child’s story.

Not because they were perfect.

But because they chose to see potential instead of only problems.

Children desperately need adults who can look beyond behavior and ask:

“What is this child trying to communicate?”



Encouragement Builds Emotional Safety

Children grow when they feel emotionally safe enough to try.

Safe enough to fail.

Safe enough to ask questions.

Safe enough to improve.

Safe enough to be imperfect.

Encouragement does not mean lowering standards.

It means helping children believe they are capable of meeting them.

The most powerful educators and mentors combine accountability with belief.

They challenge children while still reminding them:

“You are capable of more.”

Some Children Have Never Heard Positive Words About Themselves

For some children, school, martial arts, sports, or mentorship programs may be the only place they consistently hear:

- “I’m proud of you.”
- “You can do this.”
- “I believe in you.”
- “Keep trying.”
- “You’re improving.”
- “You matter.”

Never underestimate the power of those words.

Because children often become what they repeatedly hear.



Emotional Strength Must Be Developed

Confidence is not automatic.

Resilience is not automatic.

Emotional regulation is not automatic.

These skills must be taught, modeled, and reinforced over time.

And children struggling the most emotionally are often the ones who need that guidance the most.

The Warrior Kids Movement Believes Every Child Has Potential

At the Warrior Kids Movement, we believe no child should be defined only by their worst moments.

Children need leadership.

Encouragement.

Structure.

Belief.

And opportunities to grow stronger emotionally and mentally.

Because many children are not acting difficult...
they are struggling silently.

And sometimes encouragement becomes the thing that helps them believe in themselves again.

Stand Up. Stand Out. Stand Proud.

Every child deserves the chance to:

- stand up to challenges,
- stand out with confidence,
- and stand proud of who they are becoming.

Sometimes all it takes is one adult willing to believe in them before they believe in themselves.

*Stand Up * Stand Out * Stand Proud*

