Practice Giving Effective Praise

Here are some examples of giving praise the wrong way. Why are the examples below not effective praise? How can you fix each one so that it is effective praise?
Wrong way: "Looks like you tried to help in the kitchen!"
Right way:
Wrong way: "The books made it halfway to your room!"
Right way:
Wrong way: "For once you picked up a towel."
Right way:
Wrong way: "Hey, it's a miracle—he said 'please'!"
Right way: