COMPLIMENTS

Target: Help students understand that kindness can raise self-esteem for the giver and receiver of a compliment

Materials: paper, pencil, tape, dry erase board/smart board

Procedure:

1. Brainstorm what a compliment is. (Be positive, be truthful (make sure you believe what you say), be specific, think about what you like or admire about the person, think about the persons strengths) Compliments can be about looks, but the best ones are about who you are inside or what you are about.
2. Brainstorm ways to start a compliment. I really like your…, I like how you…, It’s nice when you…, You must be proud of…, It’s good how you…, That’s a nice.., etc.)
3. Have students number their papers 1-10. Students will then assist each other to put the piece of paper on his/her back.
4. Student will float around the room and put compliments on each other’s backs. In the end, 10 different people will have put 10 compliments on each students back.
5. After activity, have students read compliments. Discuss how it felt to read the compliments. Discuss how it felt to give compliments.
6. Have students put compliment sheets in their lockers so that they can look at positives when they are having a bad day.