COMPLIMENTS

Purpose:

- Provides an opportunity to give and receive feedback
- Encourages development of:
  - Communication skills
  - Listening skills
  - Self expression
  - Self awareness
  - Responsiveness to others
  - Relationships

Requirements:

- Advise the children the day prior to think about one thing they like or admire about each person in the room.
- 3' x 5' index cards for each child
- You may like to use the St Lukes ‘Strength Cards for Kids’ to help the children with compliments (see ‘Resources’).

Format:

- Explain that this an opportunity to tell each person in the room one thing that you like or admire about them.

- Explain the formula for giving compliments: "(Name of person), what I like (or admire) about you is ............., because (or you showed this when) ......"

- It’s important to use qualities (eg. good listener, caring, fun person) you notice in a person, where possible (rather than simply comment that you like their clothing, or similar) and try to back-up your compliment with some evidence.

- Look the person in the eye while giving the compliment and be genuine.

- Person receiving the compliment simply says, “Thank You”.

- Gather around and sit in a circle on the floor.

- One person is selected to be the first person to receive compliments. Each person takes a turn to compliment this person. When everyone has complimented this person, move onto the next person.

- The facilitator records the essence of the compliments on a 3’ x 5’ index card for each person, which they get to take home for future reference.

- On completion, ask the children what it was like to receive their compliments and what it was like giving the compliments to others? Some good discussion can be generated.

Example:

- “Joe, what I really like about you is your kindness. You showed this today when the fruit had all gone, so you shared yours with me.”