

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.*"