

SPREAD HAPPINESS

Compliments

travel wherever you go

Materials: Worksheets

Directions: Read the worksheet, complete the activity and discuss with the Group.

Have you ever told someone they're a "smart cookie"? Told them how helpful they've been? How much you appreciate them?

Well, you've given someone a compliment!

Compliments are gifts we give — and they're absolutely free! A sincere compliment makes everyone feel good, both the receiver and the giver.

When you move, it's sometimes difficult to "break the ice" and meet new people. Compliments can help you do that.

But some of us have a hard time giving or accepting compliments. Giving a compliment may make you feel self-conscious. Accepting a compliment may embarrass you, or you may feel the compliment is untrue. But when a person gives you a sincere compliment, all you have to do is smile and say, "Thank you."

Learning how to both give and accept compliments is an important life skill. Let's practice getting better at giving and accepting compliments.

STEP ONE

Divide into pairs. Take turns as you practice giving and accepting compliments. Remember, when you receive a compliment say, "Thank you." When you give a compliment and you're thanked, say, "You're welcome."

STEP TWO

For the next two weeks, try to give someone a compliment each day. It's important the compliment is sincere, but it doesn't have to be a "big deal." It can be as simple as saying, "I'm glad I know you!"

