

MAKE 'EM SMILE

Give and receive compliments

Materials: Worksheet copies

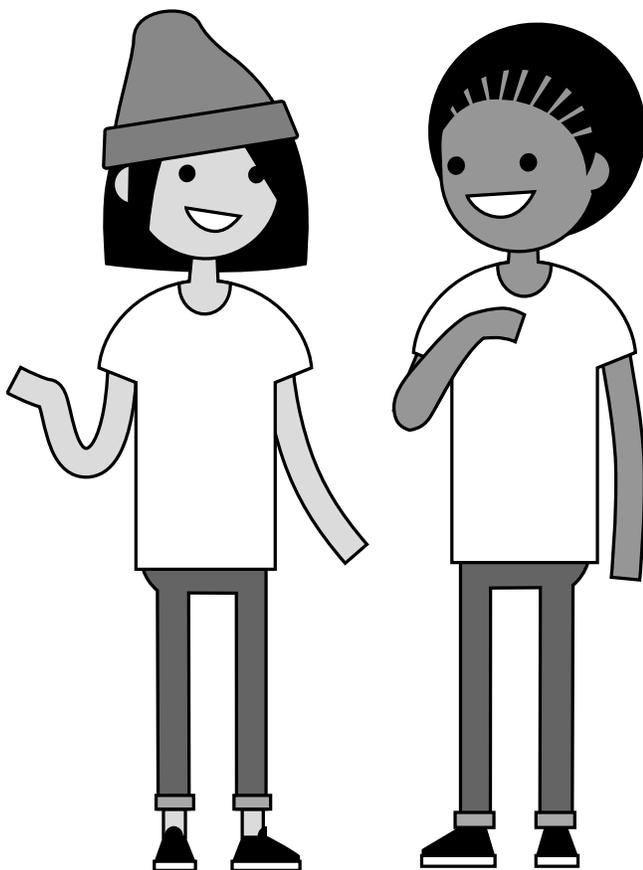
Directions: Read the worksheet, complete the activity and discuss as a group.

Positive words have “feet.” Hearing them can literally transport us from a ho-hum day to feeling elated!

Sharing positive words can provide an equally uplifting boost.

Learning how to give and receive compliments is an important life skill.

Today, let's practice complimenting one another. See if you can make someone smile!



ACTIVITY INSTRUCTIONS

- 1 Stand in a circle and choose a person to start. The starter will give a compliment to the person on their left. Then, that person will give a compliment to the person on their left. We'll go around the room until everyone has given and received a compliment.
- 2 First, we'll share how we felt when we received a compliment. Then, we'll discuss how we felt after giving a compliment.
- 3 Your goal for the upcoming week is to “hand out” a minimum of three sincere compliments to different people. Take mental notes on how giving the compliments felt and share it with the group next time we meet.