

Compliment Time

WRITTEN

To encourage students to practice kindness by giving compliments, helping them recognise the positive qualities in others and strengthen social connections.



Learning Intentions

I can give genuine compliments to others:

This encourages students to recognise positive qualities in others and express kindness through compliments.

I can practice kindness and positivity in my interactions:

This helps students understand the impact of positive words and how compliments can make people feel good.

I can reflect on the feelings that come from giving compliments:

This encourages students to think about how giving compliments benefits both the giver and the receiver, promoting empathy and social connection.



Success Criteria

I can identify three positive qualities or actions in others to compliment:

This ensures that students actively observe the good in others and think about how to express it positively.

I can give a compliment using kind and thoughtful words:

This encourages students to use clear, kind language when giving compliments, fostering communication and empathy.

I can reflect on how giving compliments makes both me and others feel:

This helps students recognise the positive emotional effects of kindness, both for themselves and others.



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Objective:

To encourage students to practice kindness by giving compliments, helping them recognise the positive qualities in others and strengthen social connections.

Players:

Ideal for small groups, classrooms, or family settings.

Materials:

- Paper
- Crayons, markers, or pens

Setup:

- Provide each student with a piece of paper and access to crayons, markers, or pens. If possible, have a space where students can share their compliments with others.

Activity:

1. Write Three Compliments:

Ask the students to think of three compliments they can give to someone today. These can be about kindness, something the person has done well, or how they look. Encourage them to focus on positive and sincere compliments.

2. Draw or Write the Compliments:

After thinking of their compliments, students will write or draw them on the paper. If in a group, students can also write down the compliments they plan to give and share them with a peer.

3. Give the Compliments:

Encourage the students to give their compliments to the people they thought about. It could be a friend, family member, or classmate.

Reflection Prompt:

- How does it feel when you give compliments?
- How do you think the person will feel when they hear your compliment?
- Why is it important to compliment others?

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Winning the Game:

There is no winner in this activity. The goal is to practice kindness and contribute to a positive, supportive atmosphere by giving sincere compliments.

Family or Classroom Variation:

In a group setting, students can take turns sharing compliments with each other. This encourages a culture of kindness and helps students practice expressing positive thoughts about others.

Additional Notes:

Compliment Time helps students practice empathy and kindness by encouraging them to recognise the positive qualities in those around them. It promotes a positive environment where kindness and appreciation are expressed regularly. This activity not only helps students develop communication skills but also fosters an atmosphere of support and connection.

