

# The Compliment Game



**The Compliment Game** is designed to foster positivity and appreciation within a group. Participants give and receive personalized compliments based on specific prompts, enhancing individual self-esteem and building strong, supportive connections among family members.



## Family Objects

### Promote Positivity and Kindness:

Family members learn to give and receive thoughtful compliments based on creative prompts, fostering an environment filled with kindness and appreciation.

### Enhance Group Cohesion and Trust:

Through exchanging personalized compliments, participants build stronger connections, boost self-esteem, and nurture a supportive group dynamic.

### Develop Communication and Affirmation Skills:

Players improve their ability to express positive feedback and genuine appreciation, enhancing both their communication skills and emotional intelligence.



## Success Milestones

### Thoughtful Compliment Sharing:

Participants actively provide personalized compliments that reflect the unique qualities of the person they are complimenting, demonstrating care and thoughtfulness.

### Active Engagement and Reflection:

Family members fully engage in both giving and receiving compliments, reflecting on how these affirmations make them feel and contribute to a positive atmosphere.

### Fostering a Positive Group Atmosphere:

Everyone contributes to a supportive environment where kindness is celebrated openly, and each individual feels valued and appreciated.



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## Objective:

The Compliment Game is designed to foster positivity and appreciation within a group. Participants give and receive personalized compliments based on specific prompts, enhancing individual self-esteem and building strong, supportive connections among family members.

## Players:

- Ideal for groups of four or more who know each other well.
- Suitable for family gatherings, classroom sessions, team-building events, or any setting where positive interactions are encouraged.

## Materials:

- Pieces of paper with each participant's name (one name per paper)
- A bowl or hat for collecting the name papers
- A six-sided dice (optional, for selecting compliment questions)
- (Optional) A list of compliment questions corresponding to numbers 1 through 6

## Setup:

### 1. Prepare the Name Papers:

- Write each participant's name on separate pieces of paper, fold them, and place them in a bowl or hat.

### 2. Introduction:

- Explain that the goal is to give and receive thoughtful compliments based on creative prompts. Emphasize that sharing these affirmations helps build a positive, supportive atmosphere.

### 3. Assign Prompts:

- If using the dice, assign each number (1-6) a specific compliment question. For example:
  - 1: "What is one quality you admire most about this person?"
  - 2: "Share a memorable moment when this person made you smile."
  - 3: "What unique talent or skill does this person have that inspires you?"
  - 4: "How has this person helped you or made a positive impact on your life?"
  - 5: "What is one thing you appreciate about this person's personality?"
  - 6: "Describe a way this person makes your life better, even in small ways."
- Alternatively, the facilitator can provide these prompts directly.



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## Gameplay:

### 1. Drawing Names:

- Participants take turns drawing a name from the bowl, ensuring they do not draw their own name.

### 2. Rolling the Dice or Choosing a Number:

- The player rolls the six-sided dice (or chooses a number between 1 and 6) to determine which compliment question to answer.

### 3. Giving a Compliment:

- Sitting in a circle, the player shares a compliment or a positive reflection about the person whose name they drew, based on the selected prompt.

### 4. Group Sharing:

- After each compliment, the group can offer supportive feedback or share similar experiences, fostering a warm and encouraging discussion.

### 5. Rotation:

- Continue the process until every participant has both given and received a compliment, ensuring everyone is included in the positive exchange.

## Winning the Game:

- This game is non-competitive and is not focused on winning.
- The primary goal is to build a culture of gratitude, kindness, and open communication within the group.

## Variations for Different Settings:

### • Educational Edition:

Adapt the compliment questions to reflect academic achievements or learning experiences, encouraging students to appreciate each other's strengths in a school setting.

### • Staff Edition:

Use prompts that focus on professional qualities and team contributions, fostering a supportive workplace culture.

### • Youth Group Edition:

Choose age-appropriate and engaging prompts that resonate with younger participants, making the activity both fun and meaningful.

## Additional Notes:

The Compliment Game – Family Edition is a heartwarming activity that encourages participants to reflect on and express the positive qualities of those around them. By focusing on gratitude and personal strengths, the game builds self-esteem, enhances communication skills, and creates a supportive environment where every member feels valued. Enjoy the process of giving and receiving compliments, celebrate the unique qualities of each family member, and let the positive energy flow through every shared moment!

