



Sincerely compliment 5 people.

Art by Sophia, age 11, Maryland, USA



Get Inspired

Quote

"Let others see the good that you see in them."

Margaret Manning

Fact

Giving compliments doesn't only make others feel great, it also enhances our own self-confidence.



Shake It Up

Stand up. Do 5 windmill stretches. Do 10 Jumping Jacks. "I am thoughtful."



Talk It Out

1. Think about a time when someone gave you a compliment. How did you feel when they complimented you?
2. What is an example of a "sincere" compliment?
3. Who is someone in your class who you could compliment?
4. How do you think your compliment will make him/her feel?



Do It!

1. Think of 5 people who you'd like to compliment.
2. Sincerely compliment those 5 people before the end of the day.

Sincerely compliment 5 people.

SEL Competencies

Self-Awareness

Self-Confidence

Social Awareness

Perspective-Taking

Empathy

Respect for Others

Relationship Skills

Communication

Social Engagement

Relationship Building

Timeframe

15 - 30 min

Materials Required

None



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Quote

Invite a student to read the quote.

Fact

Giving compliments doesn't only make others feel great, it also enhances our own self-confidence.

[Source:](#) Happify Daily



Shake It Up

Get your students moving. Invite them to do the following activity:

Stand up. Do 5 windmill stretches. Do 10 Jumping Jacks. When finished have them say, "I am thoughtful."



Talk It Out

Encourage your students to reflect on the provided questions:

1. Think about a time when someone gave you a compliment. How did you feel when they complimented you?
2. What is an example of a "sincere" compliment?
3. Who is someone in your class who you could compliment?
4. How do you think your compliment will make him/her feel?



Do It! (individually)

Encourage your students to think of 5 people they'd like to compliment. Challenge them to sincerely compliment those 5 people before the day is over.