



# Sincerely compliment 5 people.

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## 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



### Get Inspired

#### 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.