

Becoming Courageous

Notice: Lesson 6b

Compliments

Objective:

1. To encourage students to recognize and draw attention to the gifts of their classmates.
2. To understand and practice two types of compliments: inside and outside compliments.

Rationale:

1. Seeking to compliment others focuses our attention on the gifts of others. When we seek to recognize the gifts of others, we also recognize our own gifts.
2. Compliments are contagious.

Alignment to the British Columbia Core Competencies:

Positive Personal and Cultural Identity; Personal Strengths and Abilities:

1. I can identify my individual characteristics
2. I can describe/express my attributes, characteristics, and skills
3. I can reflect on my strengths
4. I understand I will continue to develop new abilities and strengths to help me meet new challenge
5. I am kind to others
6. I can identify when others need support and provide it

Supporting Literature

1. [Cultivating Intentional Compliments](#). Tedx talk by Jake Carnes
2. [The Art of the Compliment](#). By Hara Estroff Marano, Psychology Today

Materials and Resources:

1. Courage Journals. Exercise books, or any type of book or journal. Courage Journals are used to reflect on the content of the day's lesson. Each child should have their own.
2. Smartboard, or projector
3. Books: *The Important Book* by Margaret Wise Brown
4. Compliment Cards (template below)

Lesson (approx. 1 hour)

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Introduction:

1. Introduce what a compliment is. It is useful, for those students who feel uncomfortable, to model how to receive a compliment. The easiest way to receive a compliment is to say “Thank-you”. Practicing this will make it easier for students to receive compliments. If all students say “Thank-you” when receiving a compliment, then this becomes the norm and will very quickly feel natural.

2. As the teacher, you can set the example by giving students a compliment. If you choose to have the students sit in a circle, it makes it easy to make sure that you don’t miss anyone. After the teacher has given a compliment, the students can give the person next to them a compliment. At first it may feel awkward, but as you continue on, the students will feel more comfortable.

Main Activity:

1. Introduce the concept of “Outside Compliment” vs “Inside Compliment” (an outside compliment is when you recognize something you can see about a person - what they are wearing or how they look. An inside compliment is when you recognize something a person achieves or is working towards)

2. Read *The Important Book*. Talk about using compliments to point out to people what it is that is important about them. Model some of this with the class and then ask students to contribute.

3. Introduce the compliment cards. Have students write “inside compliments” to another student(s).

Reflective Activity:

In the Courage Journal write what is important about you. Using the wording from *The Important Book*, students can write what is important about them, and then give a few reasons, and then end with repeating why this thing is important.

Students can then write compliments to each other. You can assign who the students will write compliments to, leave it up to them to choose, or do a combination of both. In order to make sure that no-one is left out, it is best to start with assigning everyone a “compliment buddy”. (this can also be an anonymous compliment buddy)

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Extensions:

Intrepid: A game that students like to play builds on the idea of the last two lessons: recognizing gifts in others and drawing attention to them. Students are each assigned a person (important, this is top secret - nobody knows who has been assigned to them). Your job is to carefully observe your student, and notice what their gifts are. Your assignment is to write one compliment to this person each day. At the end of the week (or day) , students guess who it was that was giving them their compliments.

Compliment Bulletin Board. Extend the idea of compliments to your whole school. Some basic guidelines and compliment cards will encourage others to give compliments. Templates for the bulletin board are below. Two inspiring quotes are also included.

Creative Activity: Compliment Poster. Arrange desks in a circle. Each person puts their name on a poster (printed from the website) Students have 1 minute to write a compliment to the person whose poster they have in front of them. At 1 minute (or longer if you need it, everyone passes the poster to the left. These posters look best if the compliments are written in felt pen or pencil crayon. If the compliment has been written and there is still time, students can draw nice things on the poster.

Story Books:

Another Important Book by Margaret Wise Brown. This book is intended for younger children, it would also work really well for an older child to read to a younger child.

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Some Important Things

adaptable	easy-going	humble	perceptive
adventurous	efficient	humourous	persuasive
articulate	eloquent	idealistic	polite
brave	empathetic	imaginative	practical
broad-minded	encouraging	impartial	precise
capable	energetic	independent	principled
caring	enthusiastic	innovative	punctual
charming	fair	insightful	quiet
clear-headed	faithful	intelligent	rational
clever	fearless	intuitive	relaxed
compassionate	flexible	inventive	reliable
confident	focused	kind	responsible
conscientious	forgiving	logical	self-confident
considerate	frank	loving	self-disciplined
courteous	friendly	loyal	selfless
creative	funny	mature	sincere
curious	generous	meticulous	strong
daring	gentle	modest	sympathetic
decent	genuiune	neat	thorough
decisive	gracious	objective	thoughtful
dependable	hard-working	optimistic	tolerant
determined	helpful	organized	tough
diplomatic	heroic	patient	uncomplaining
disciplined	honest	peaceful	versatile

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Compliment Cards:

I have a compliment for you!		I have a compliment for you!	
I have a compliment for you!		I have a compliment for you!	
I have a compliment for you!		I have a compliment for you!	
I have a compliment for you!		I have a compliment for you!	
I have a compliment for you!		I have a compliment for you!	
I have a compliment for you!		I have a compliment for you!	
I have a compliment for you!		I have a compliment for you!	
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I have a compliment for you!		I have a compliment for you!	

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(template for bulletin board)

How to Write an Excellent Compliment

Outside Compliment:

- Complimenting someone's appearance, style

Inside Compliment:

- Compliment someone's character
- Compliment someone's work (or something that they made)
- Compliment someone's skill
- Compliment about things people are born with and things that they worked hard at

Sentences to use for Compliments

I like your/how _____.

I noticed that _____.

I appreciate _____.

I am thankful that _____.

I love that _____.

I think that _____.

I can live for two
months
on a good
compliment.

~ Mark Twain

One kind word
can change
someone's
entire day.