

Complimenting Others

Month: Dec.

Week #: 15

Day: b. Tues. Time: 30 min.

Compliments that Encourage!

Life Tree Learning Systems ©

Objectives/Aims

The students will: identify their own and other peoples insecurities; learn to give effective compliments to encourage other people

Materials

paper and pencil

Illustration

Number 7 tries hard, but he's just not that good at soccer. His friend could laugh at him, but instead he encouraged him by giving him a compliment!

Background

All people, no matter how confident and competent they are in some areas, have other areas where they feel insecure and vulnerable. When we compliment people on their areas of weakness, they feel more secure and it empowers them to improve in that area of their life.

encouragement - give support, confidence, or hope to someone



Group Activity

1. Invite students to share their experiences with the zinger and the Compliment Club.
2. Give each student a piece of paper and a pencil. Ask them to write down things that they aren't good at or they feel insecure about. Tell them not to write their name and that the identity of the author will be protected.
3. Collect the students' work in a hat and draw out one slip of paper at a time. Read one of the insecurities and make up a make-believe scenario where this person is attempting to overcome this insecurity.

Example: John, who isn't very good at soccer, is busy practicing his juggling skills in the corner of the playground. Ask the students for suggested compliments that they could give John if they met him on the playground. (e.g. "Wow John, you're really working hard on your soccer skills!" or "I just saw you keep the ball in the air for three bounces! Way to go!")

Group Discussion Questions

1. What is an 'insecurity'?
A: Something a person is not good at or believes they're not good at.
2. When did you receive a compliment that helped you feel good about an insecurity?

Group Discussion Questions (continued)

3. What does the word 'encouragement' mean?

A: To give support, confidence, or hope to someone.

4. Do you think a compliment needs to be honest, and if so, why?

A: People can often sense when we're not being honest. It also hurts our own self integrity when we lie.

Variations/Extensions

1. Break the students into pairs. Give one of the two an 'insecurity' that they're trying to overcome. Have them develop a real life scenario involving their insecurity. Have a second student approach the other and give them a compliment. Suggestions for insecurities can be taken from the insecurities the students wrote down earlier.

Conclusion

Say, "Complimenting another person when they're trying to overcome an insecurity can bolster his or her self-esteem and strengthen their resolve to change. Give someone a compliment that encourages them today!"

Complimenting Others: Compliments that Encourage!



**Number 7 tries hard, but he's just not that good at soccer.
His friend can laugh at him, but instead he encourages him by giving him a compliment!**