

Circle of Compliments

It may be helpful to practice complimenting another person in a somewhat anonymous fashion before diving into the Gratitude Trophies Challenge. This short language driven activity provides that scaffolding.

Time: 15 minutes

You will need:

- paper and writing tools
- The Virtues List (provided in resources)

Share the Virtues List with students as it can provide a framework for building a compliment. Ask students to think of a person they are grateful for. Ask them to think of a particular story, and the qualities that person displays. Students can write a statement of gratitude, a compliment on their paper.. Encourage specificity (story telling). For example, rather than simply sharing that your mom is a good cook, write about a favorite meal your mom prepares.

What makes an authentic compliment? (The following are suggestions, we recommend asking students first)

- Maybe awkward at first but that is ok
- Connect your compliment to something you genuinely feel and ask yourself why you appreciate that quality
- Be sincere and specific
- Link your compliment to an actual experience with this person

Students can post their compliments to a display space. You might collect them all, redistribute them, and ask that students read each others' aloud. OR you can ask students if they might be willing to share theirs to the group.

Reflecting:

Was it challenging or simple to come up with a compliment?

Do you plan on sharing your compliment with the person you wrote about?

CREATIVE ENGAGEMENT FOR HEALTH

