

## Compliment Challenge

<b>Time Needed:</b>	10 Minutes
<b>Group Size:</b>	Max 30
<b>Objectives:</b>	Encourage kindness and positivity between classmates.
<b>Materials:</b>	Coloured Paper, Tape, Writing Utensils
<b>Links/Resources</b>	-
<b>Recommended Grade:</b>	5-9

### Activity Description

*This activity can be assigned to students remotely to encourage positive feelings of community and connection while they are away from their classmates.*

*Explain that Today we are going to try a Compliment Challenge! Your job will be to write kind messages to the people in your class. We encourage you to think about your classmates personalities, their skills, and their strengths. (Rather than physical appearance etc) Little things and big things. But ONLY kind things.*

*Give some examples:*

- *You're great at soccer*
- *You're nice to me when I'm having a hard time.*
- *You are funny and get along great with others!*

*Remind students that it's okay that there may be students in the class they don't get along with, that doesn't mean you don't know something great about them.*

*Tell students that they will all be randomly assigned a classmate (or more than one depending on how many students you have) to write kind things about. This can be done on a word document or on paper and take a picture. Instruct students to first submit their kind comments to you for review first and then you will send them out to the recipient.*

*After sending the students their compliments and giving them time to read them, invite them to a Google Hangout or other preferred online Video chat and facilitate the reflection questions below.*

### Reflection Questions

Sometimes the people around us notice great things about us we don't even notice ourselves. What's something that was surprising to you that was written on your paper?

What's one thing you like about yourself that you can add to your own paper?

*\*Please feel free to adapt these activities further to fit the needs of your students. You can lead them through the activities as outlined or even give them as individual or group (online) assignments\**