

Self-Compliment



Self confidence

Grade(s): 3–5

learning objective/s or description

Students will write a secret self-compliment, then take turns using the Operation game to pull out and read classmates' compliments while trying to guess who wrote each one.

materials needed:

- The Operation game.
- Paper.
- Pens or pencils.

Any tips or important information

- Remove the Operation game pieces before the activity, and cut paper slips small (about $\frac{1}{2}$ " $\times$ 2") so they fit the game slots.

lesson structure:

Opening Circle

Prompt: "Share one thing you like about yourself."

Community Builder

Find a partner and tell them one thing you think they do well. Then thank your partner for the kind words they shared with you.

Procedure

1. Give each person a very small piece of paper (about $\frac{1}{2}$ " $\times$ 2").
2. Ask them to write down something they like about themselves, and not to share with others what they have written.
3. You can be specific and ask them to note one of their talents, what quality makes them a good friend, etc.
4. After each person has written down their self-compliment, collect the notes and fold them into small pieces that fit into the Operation game slots (remove the game pieces beforehand).
5. Allow group members to take turns trying to pull out any of the self-compliments.
6. If they pull one out successfully, they earn \$100; if they can also guess who wrote the compliment, they earn an additional \$100.
7. If they guess wrong, the self-compliment goes back into the game for another person to pull out and guess.
8. The person with the most money at the end may win the prize of being put on the "hot seat" — the others say what it is they admire about that person.

Discussion Prompts

- Was it difficult for you to think of a compliment for yourself? Why or why not?
- How often do you have negative thoughts about yourself? How often do you have positive thoughts? Why is it important to know the difference between these two types of thoughts?

- How can it benefit you to take the time to find your own positive traits?
- How can you build on the positive traits you have to become a better person?

Closing Circle

Prompt: "Share one positive thing you will remember about yourself."