

WORK SHEET – EXERCISE 8E

Encouragement and giving compliments.

These exercises help practice saying kind, positive things and also help practice giving encouraging compliments. A compliment has to be sincere and personal (by saying the child's name), and has to be about a specific thing a child has done or a particular ability that they have (don't generalise), and finally it has to be accepted. The important thing is that every child can give and receive a compliment respectfully and compassionately - without flattery or excessive narcissism.

You can do the exercise in a circle with a ball to start off the day. A child could throw the ball to Tom for example and tell him: "Tom, I'm happy you're here today because..." or "I'm happy to have worked with you because..." or "Yesterday, I liked that you...". Tom takes the time to receive the compliment, thanks the compliment giver and passes the ball to someone else.

You can also print out stickers with positive characteristics and compliments to cut out and give to someone else. You can suggest the children accept these gifts and make their own with sentiments like: "I like to smile in the morning", or "I'm happy I could help you with...".

You helped me by ...	You really tried to ...	You were nice to ... / It was nice of you to ...
You smile a lot.	You're funny.	You're generous.
You don't give up when ...	You apologized when ...	You helped ...
You thought about...	You overcome challenges.	You're motivated ...
You're interested in new things.	You're interested in others.	You're well organized when it comes to...
You finish what you start.	You have a talent for ...	You're able to ...
You volunteer for ...	You share ...	You lend your ...
You were patient.	You worked with ...	You can do it.