

# Compliment Cards

**OBJECTIVE:** Students will learn about self-esteem, why it is important, and how to build positive self-esteem. Students will also learn how to give and receive compliments.

**INTRODUCTION:** Show students a clip from Buckalope Elementary's "Career Day" video where Veebie states she has no talents and begins to show signs of low self-esteem.



## **DISCUSSION:**

1. *Why do you think Veebie states that she has no talents? How do you think she feels about herself?*
2. *What is self-esteem?*
3. *Why is self-esteem important?*
4. *What causes low self-esteem? How do we improve self-esteem? Does self-esteem fluctuate?*
5. *How do compliments help you/others improve self-esteem?*
6. *How do you feel when you receive a compliment? And when you give a compliment?*
7. *What are some examples of good compliments? Bad compliments?*
8. *How often should we compliment one another? Why? What about ourselves?*
9. *When was the last time you gave someone a compliment? What did you say or do? Do you think you should give more compliments? Why? What is your plan to increase the number of compliments you give?*

**MATERIALS:** Crayons/Markers, scissors, glue, construction paper, and other various arts and crafts material to make cards.

## **PROCEDURE/ ACTIVITY:**

1. After introducing the topic of self-esteem with a media clip followed by a thorough discussion, have students brainstorm a list of compliments they could say to friends and family.
2. Create personalized compliment cards to distribute to each student. Make sure to verbally compliment each student when you hand out the card. Also, be specific as to why that student is receiving the compliment.
3. Next, tell students that they are going to create compliment cards to give to friends and/or family (1-2 cards). They can use the phrases from the brainstorming list or create their own. Remind students that telling someone 'why' they deserve a compliment goes hand-and-hand with giving compliments.

[Remember cards come in all shapes and sizes. Students can create compliment cards that resemble business cards, post cards, greeting cards, or their very own one-of-a-kind compliment card. Encourage creativity!]

**WRAP UP:** Giving others and ourselves frequent compliments helps improve self-esteem, which in turn improves motivation and achievement/success.

