

Reflection Activities

Compliments that Stick

Purpose: To increase the positive energy in the classroom and school environment, and to increase one's self confidence by writing and receiving compliments.

Preparation:

You will need:

- Sticky notes
- Writing utensils

Each student should have a couple sticky notes and one writing utensil.

Instructions:

1. As a class, brainstorm what compliments are, and examples of compliments that can be shared between classmates.
2. Ask students to write a compliment for a classmate or adult in the school throughout the day on sticky notes. Appropriate times could include before class, at recess, at lunch, or after school. Alternatively, give students a couple minutes of class time to write compliments (one on each sticky note).
3. Encourage students to stick their compliments throughout the classroom or the school, on lockers, desks, bulletin boards, etc.

Modifications:

1. Create a Compliment Challenge with another class or the whole school community for a limited time frame (one day, week, etc.) to see how many compliments can be shared in this time.
2. Create a bulletin board for students to post the compliments for others in the school to read. Teachers could connect the bulletin board to other themes being used at this time.
3. Identify a group in the school that could use a compliment boost (teachers, grade, support staff, secretary, or parents). Brainstorm compliments that would be appropriate for them and have students secretly and anonymously stick them in their workspace.