

## **Strengths and compliments**

**Approximate time:** 10 minutes

**Materials:** Nothing

**Aim/outcome:** To think about how we see ourselves and focus on our positives

### **Explanation:**

- One of the things that builds our resilience is being able to remember and focus on our successes, strengths and talents. This can increase our confidence because it helps us to feel good about what we have achieved. This in turn can increase our resilience by helping us believe in our own strengths and abilities when we cope with challenging situations. Sometimes it's hard to do this for ourselves, so this activity will help by thinking about it as a group. Get the pupils into small groups and explain that they'll be giving each other compliments.
- Ask the group what sorts of compliments they think they could give their classmates – for example they could include: Something positive that they have done (e.g. they were kind to me when I was sad the other day). Something that they have achieved (e.g. they are brilliant at drawing and they might have won a competition). Something about them as a person (e.g. they are always really funny, which cheers everyone up).
- Explain that for this exercise that the compliments shouldn't be about the way we look, as this can put pressure on us to look a certain way. Instead, we can help each other be more resilient by understanding our own strengths, skills and abilities. Explain that one person in the group will be 'it' – you can choose who that is in each group, or you can let them choose. Explain to the groups that they need to 'tag' someone else in their group, but instead of tagging with their hands, the girls have to tag each other with a compliment.
- The pupil who is 'it' needs to pick someone else in their small group by name, pay them a compliment as outlined above and then say 'now you're it'. The person who has received the compliment should thank them, and then pick someone else to pay a compliment to. The game continues until everyone has been paid some compliments. As the game progresses, head round the groups and encourage the pupils to make sure that everyone has been included equally in the game. After the game, ask the groups: How did it feel when you had a compliment given to you? How easy was it to give someone else a compliment?
- It can sometimes be really hard to take a compliment but it is important for us to remember the things we are good at and what we can bring to a group or a class.