Compliments lesson plan

Define compliment

How to give a sincere compliment

How to receive a compliment (you must be able to find things about yourself that you love and admire.  Saying "oh whatever"  or "I'm not that smart" or anything to dismiss the compliment, not only hurts your self esteem, but also takes away from the person who complimented you)

How does it feel to give a compliment? To receive a compliment?

Watched  SoulPancake compliments video

Asked for student volunteers to demonstrate giving and receiving a compliment

Completed the Shining Your Light Activity