

# Give yourself a compliment - Self-acceptance

## EXPLANATION:

Positive self-talk supports self-acceptance. Thinking deeply about one's skillsets is an extremely powerful strategy to help not only decrease negative thinking but to promote better mental health, resilience, and healthy self-esteem. Learning how to give yourself a compliment is a necessary skill!

**YEAR LEVELS:** Years 4–6

**STUDENT GROUPING:** Whole group discussion and individual creations

**ACTIVITY LENGTH:** 40–60 mins

## LINK TO CURRICULUM:

**Health and Physical Education: Sequence of content F-10**

**Strand: Personal, social and community health**

Sub strand: Communicating and interacting for health and wellbeing sub-strand

- Understanding emotions: Examine the influence of emotional responses on behaviour and relationships
- Identities: Examine how identities are influenced by people and places

**See also Personal and Social Capability learning continuum sub elements:**

- Recognise personal qualities and achievements
- Become confident, resilient and adaptable
- Communicate effectively
- Appreciate diverse perspectives.

Recognise emotions:

- Explain how the appropriateness of emotional responses influences behaviour

## SCOPE OF TASK:

Key to self-acceptance is the capacity to take a compassionate stance toward ourselves, accepting all parts of the self (qualities and flaws) and continuing to value oneself. It is the ability to

effectively learn from mistakes, rather than allowing them to internally disrupt psychological wellbeing. Often, we find it easier to celebrate someone else and acknowledge their strengths than our own. We tend to practise an overwhelming sense of judgment on ourselves. Learning to compliment ourselves on a job well done, a positive characteristic or a great attempt is crucial to well-being.

1. As a whole group, discuss the concept of self-acceptance. Ask students questions to begin a discussion:
  - What is self-acceptance? Ask students if they need to look for a definition or meaning in a dictionary or search the internet for clarifications.
  - Can you give an example of what self-acceptance is?
  - How do you give a compliment to someone?
  - What would you say when you give a compliment? What would you highlight?
  - Can you give yourself a compliment?
  - What would you say?
  - What would be the tone of a compliment you have yourself?
2. Share with the students the goal of the task – each student must write 5 compliments to themselves that demonstrate that they accept themselves and celebrate their uniqueness.
3. Suggest to students some ways of structuring compliments:
  - Start a compliment with 'I'
  - Consider what you celebrate about yourself – what are you proud of?
  - Consider some of the challenges you have faced and how you accept these and are proud of your work and commitment
4. Ask students to write draft compliments and share these with their classmates and teacher to get feedback
5. When they are ready to do a final draft give the students the template (attached below) to write up their 5 personal compliments
6. Give students 15mins to complete their good copy of compliments
7. Once students are ready bring the group back together to share their personal compliments list. Ask the group to reflect on what their classmates have written:
  - Do the compliments demonstrate that individuals accept their unique skills and challenges?
  - Were the compliments positive?
  - What are other ways that you can be kind to yourself and be accepting of yourself?
8. Ask students to take home their compliments worksheet to share with their families what compliments they give themselves!

## RESOURCES:

- Worksheet attached below but students can make their own if they are feeling creative!

# Give yourself a compliment!

Name: \_\_\_\_\_

1.

2.

3.

4.

5.