Give a compliment — Compassion

EXPLANATION:
A compliment is one of the most under-rated acts of kindness and very powerful! Giving a genuine compliment demonstrates care and concern for others – which is at the root of compassion. In this activity students write compliments that show awareness, care and sensitivity to others and give them away freely to those who need a positivity boost!

YEAR LEVELS: Years 7–10

STUDENT GROUPING: Whole class discussion and small group activity

ACTIVITY LENGTH: 45 – 60mins

LINK TO CURRICULUM:
Health and Physical Education: Sequence of content F–10
Strand: Personal, social and community health
Being healthy, safe and active
Changes and transitions: Examine the impact of changes and transitions on relationships
Making healthy and safe choices: Propose, practise and evaluate responses in situations where external influences may impact on their ability to make healthy and safe choices

Strand: Movement and physical activity
Learning through movement
Teamwork and leadership: Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams

See also Personal and Social Capability learning continuum sub elements
- Communicate effectively
- Work collaboratively
- Recognise emotions
- Recognise personal qualities and achievements.
**SCOPE OF TASK**

Compassion is the conscious feeling of sympathy expressed towards others’ experiencing distress, together with a desire to ease or relieve the person of the difficulty. Compassion and empathy are similar, but compassion also involves the desire to assist the person. Giving someone a compliment can demonstrate care and compassion for someone. It provides an opportunity to tell someone something positive and let them know that they are genuinely cared about and valued.

1. Open the activity by giving each student a personalised and specific compliment. Think about a compliment for each student that demonstrates a knowing of them and connects to the individual.

2. Ask the students how they felt about getting a compliment? Responses could include:
   - It created feelings of positivity and happiness
   - It suggested that someone cared
   - I felt valued
   - It felt good!

3. Pose further questions to students to build a connection between giving compliments and demonstrating compassion. Some questions could include:
   - What is compassion?
   - How can you express compassion?
   - Is giving a compliment an act of compassion?
   - How can giving a compliment show care?
   - What would a compliment that demonstrates care and compassion be? Share examples

4. Suggest to students that the activity today will require them to think of meaningful compliments and to create a compliment flyer. Inform the students that the flyers can be displayed around the school in places where people can read. The compliment flyer would be used so that an individual can pull off a compliment and give it to someone else who might need care and compassion. A template is provided below that students can use to write compliments, or they can customise their own. Steps to follow:
   - Break students into small groups
   - Provide students with pens and paper to brainstorm compliments that could be written on the flyer – what compliments would show care for others?
   - When students have chosen compliments the template can be created: write the compliments and then cut along the vertical lines along the bottom so that one strip can be pulled off
   - Students can find a place they want to stick the flyer in the school where people can access it e.g. library, canteen, front foyer etc.
   - Students can make an announcement at a school assembly, notice board or via email to school informing the school community about the ‘Compliment flyers’ and why they are available in the school. In this message students can share the importance of showing compassion and care and how giving compliments support these acts

5. Approx. a week after the flyers have been posted reflect with students on any feedback they had heard about the compliments. Some questions to led reflection could include:
   - What did people say when they took a compliment for themselves?
   - How did they feel?
- How did people who were given a compliment feel?
- Do you think this activity made people feel cared for?
- What other compassionate acts could you do within the school community?

**Note:** The act of giving compliments creates reciprocity. Telling someone that they have made a positive impact on your life, or showing you care and have compassion builds relationships. Authentic and genuine compliments have the power to reinforce people’s value.

**RESOURCES:**
- Pens and paper for brainstorming
- Share a compliment template (example attached below) or students can make their own
FREE COMPLIMENTS

Take one for yourself or give one to someone to show your compassion