

**Lesson:  
Compliments for free**

**Length of lesson:  
15 minutes**

**Materials:**

- Pens or pencils
- Pre-cut squares of paper
- Music source

**Discussion Summary:**

Think about how good it feels to hear someone say something nice about you, about how you look, about something you did, or something you created. That's the power of compliments! Young women sometimes have trouble giving compliments to each other for fear that the object of their admiration will find them jealous or insincere. Similarly young women sometimes have trouble accepting compliments, often thinking the giver of the compliment is making fun of them, is jealous or insincere. Teaching young women not to be afraid to give a compliment and how to accept a compliment can help them maintain healthy friendships and be proud of their own strengths, thereby resisting peer pressure, avoiding friends who don't treat them with respect and helping build self-esteem.

**Discussion Questions:**

- **How do you feel when you receive/give a compliment?**
- **How might a compliment affect someone's day?**
- **How can a compliment that you receive/give relate to self-esteem?**

1. Begin by asking all of the participants to sit together in a circle. Each participant will receive one square of paper to write their name on.
2. After writing their name on the square of paper, ask participants to crumple the piece of paper and throw it into the middle of the circle when the music starts.
3. When the music stops, each girl will quickly grab a different square of paper than the one that she initially threw into the circle.
4. When the music stops playing, participants unravel the ball of paper revealing a name of another girl in the circle.
5. The girls will then write something positive about the person named on the paper. For example, "I love your smile."
6. When the music starts again the girls will re-crumple the square and throw it back into the circle.

7. Repeat until each girl has given 5-8 compliments.

8. At the end of the activity, have each girl grab a ball, and allow participants to take turns reading aloud the name on the paper and all of the compliments.

**9.** Conclude the activity by following up with the discussion questions.

**10.** Explain that in order to love others we must also love ourselves. Loving yourself means being able to see the good in yourself and one way that you can reflect your self-love is by also showing love to others.