



Paying somebody a compliment

Aim	To raise the self-esteem of the participants and to find out if they are aware of the positive characteristics others see in them
Duration	At least 15 Min
Number of participants	any
Difficulty	easy
Conditions	-
Material	One sheet of paper and pen for every participant

Preparation

Explain to the youngsters that there are certain boundaries which need to be respected. Explain the importance of self-confidence and the influence of group pressure.

Description

Ask every participant to write down three compliments about the person sitting on his/her right (5 minutes). Let everybody read out one of the compliments each in the group. Ask if the persons receiving the compliments if they are aware of these characteristics and how the compliments make them feel. Let them take the list of compliments home to read it over when they are feeling insecure. It is possible that some participants don't really know what a compliment could be. A compliment should refer specifically to the person and his/her characteristics, activities, etc. If the participants are older, make sure they avoid platitudes such as "you are nice, pretty, etc.". Variation: Carry out the activity in several rounds. In each round the seating arrangements are changed and there are some additional tasks: First round: Pay any kind of compliment. Second round: Pay a compliment starting with the first letter of the addressed person's name. Third round: Pay a compliment starting with the first letter of your own name. Variation: Write down the compliments on cards

Source ECPAT Netherlands

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