

GIVING AND RECEIVING COMPLIMENTS

Communication Series - Lesson # 2

GOAL:

- To learn how to give and receive compliments.

MATERIALS NEEDED:

A series of pictures so that each participant can choose one; box of chocolates wrapped with forty layers of paper; for each participant a copy of ***Giving and Receiving Compliments Summary Sheet***.

METHOD:

Note: Review lesson on initiating a conversation by asking each group member to report to the group on their assignments from last week.

Questions to consider:

- Who did you talk to?
- How did you begin a conversation?

Warm up: Pictures

Lay pictures out and instruct group members to choose a picture and explain to the group why they chose it.

Exercise 1: Compliments

Begin by giving the present to someone in the group and tell that person why you are giving it to them (e.g. "I am giving you this present because you look nice today.") The exercise continues in this fashion with each person removing a layer of wrapping. Ensure that everyone is included in receiving the present.

At midpoint, stop the exercise to check in with the group.

Questions to consider:

- How do you feel about receiving compliments?
- Does the giver of the gift know how the receiver feels?

Ask the group to continue with the exercise but this time tell the receiver to acknowledge the compliment either verbally or non-verbally. Once the gift is unwrapped, share the chocolates with participants.

Lead a discussion with the group and summarize the ideas.

Exercise 2: Action Plan

Distribute copies of ***Giving and Receiving Compliments Summary Sheet***. Ask each group member to pay a compliment to someone in their setting and report to the group next week.

EVALUATION:

CREDIT:

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GIVING AND RECEIVING COMPLIMENTS SUMMARY SHEET

When paying a compliment, remember the following:

- Decide what it is about the other person you want to compliment.
- Decide whether the other person would like to hear the compliment.
- Choose the right time and place to express the compliment.
- Express the compliment in a sincere and friendly manner.
- Maintain good eye contact with the person to whom you are paying the compliment.
- When someone pays you a compliment, be sure to acknowledge them and thank them graciously.
- How you say things (tone of voice) is just as important as what you say.

Remember, a compliment should be POSITIVE and SINCERE.