

Accepting Compliments | Middle and High School

Skill to Teach	<p><i>Accepting Compliments</i> – This skill teaches students how to respond appropriately when someone gives them a genuine compliment. While this may sound simple, we have all met people (adults included) who responded awkwardly or appeared uncomfortable when give a compliment. Some people respond with statements like “this old thing” or “right!”</p> <p>Students are no different. Because compliments can help students in so many ways – including building their confidence or increasing their feelings of self-worth -- it is important to take the time to teach them appropriate ways to respond to compliments.</p>
Age	Middle and High School
Objective	Students will learn how to accept compliments and practice appropriate responses.
Materials Needed	The Skills Poster with the steps to Accepting Compliments should be displayed in a prominent location in the room. Provide students with a sharpie pen (or other writing utensil), one or two post-it notes, one or two large sheets of chart paper. You could also create space on a bulletin board.
Planned Teaching	<p>Introduce the Skill</p> <p><i>Class I would like to talk to you about Accepting Compliments. I have noticed that some of you seem very uncomfortable when someone compliments you. But before we talk about Accepting Compliments, can someone first tell me give me your definition of a compliment?</i></p> <p>Possible responses: (You may want to proactively establish parameters indicating the expected responses should be general statements such as “telling somebody something they did well,” something that could be shared with anyone and in front of others, without embarrassing the person. Once the steps have been taught you can help students personalize their compliments.)</p> <ul style="list-style-type: none"> • People say something nice about you • Somebody likes something you did • A person tells you they like your outfit <p><i>Exactly! But have you ever tried to give someone a sincere compliment and they made a comment that downplays or maybe dismisses your compliment? For example, they might have sarcastically said something like “right.” Since some of you seem to be a bit hesitant to accept compliments, let’s talk about what you can say and do. When someone gives you a compliment here are some easy steps to follow.</i></p> <p>Describe the Appropriate Behavior to Accepting Compliments</p> <ol style="list-style-type: none"> 1. Look at the person who is complimenting you. 2. Use a pleasant tone of voice. 3. Thank the person sincerely for the compliment. 4. Say “Thanks for noticing” or “I appreciate that.” 5. Avoid looking away, mumbling, or denying the compliment.

	<p>Reason</p> <p>You might want to solicit reasons from you students as to how compliments make other people feel, ask if they think people might compliment them more often, or how it might help them get along better with other students in the class or with friends, parents, adults, etc. Have students write their reasons on the post-it notes and place them on the chart paper</p> <p>Practice</p> <p>Have students generate a list of three or four characteristics they could use to compliment someone. Write them on the board (or project on smartboard). Again, you may want to help them establish some generic compliments for the first practice such as:</p> <ul style="list-style-type: none"> • The color of someone’s outfit. • The way another student solves math problems. • How well a student plays soccer. • The fact that someone is always on time or hasn’t missed a day of school. <p>Ask a volunteer to come up and practice one example with you and have students give feedback on what they observed.</p> <p>Have students pair up and practice giving and receiving the compliments that were generated as a group, with the focus on accepting the compliments using the given steps. Ask two sets of partners if they would be willing to come up and demonstrate their role-play.</p>
<p>Reinforcement</p>	<p>Reinforce or praise student participation throughout the activity. During the pair practice, walk around the room listening to how well students respond to the compliments.</p>
<p>Variations and Follow-Up</p>	<p>As a follow-up practice, you might have students write down one or two things they feel they do well (post-it notes would again work well. Have the students include their name on the post-it). Place these post-its at the bottom of the previous piece of chart paper (or use a new sheet) or bulletin board and give it a title such as “You Can Compliment Me On. . .”. Challenge the students to read the post-its and compliment a different person each day; continue listening for how well the students are Accepting Compliments. As students become more proficient at using the skill, encourage them to look for different ways to personalize the compliments even more, always monitoring the appropriateness of the compliments. The goal is to give students more opportunities to use the skill in a safe environment with the ultimate goal of transferring the skill to other areas of their life outside the school environment.</p>
<p>Additional Resources</p>	<p>Resources available from Boys Town Press (www.boystownpress.org):</p> <ul style="list-style-type: none"> • Social Skills Posters • Teaching Social Skills to Youth • Tools for Teaching Social Skills in School <p>You may also access additional resources on our website (www.boystowntraining.org)</p>

INTERMEDIATE – SKILL 10

Accepting compliments

- 1. Look at the person who is complimenting you.**
- 2. Use a pleasant tone of voice.**
- 3. Thank the person sincerely for the compliment.**
- 4. Say “Thanks for noticing” or “I appreciate that.”**
- 5. Avoid looking away, mumbling, or denying the compliment.**

Reasons to Give Compliments




A yellow sticky note with a pink paperclip-like fastener at the top left corner. The note has seven horizontal orange lines for writing.



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"You Can Compliment Me On..."



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