

COMPLIMENT GAME



BENEFITS

Teaches students how to give and receive compliments. Great for building self-esteem, compassion, and community among students.

TIME

5 to 30 minutes, depending on number of students

ACTIVITY

Students all form a large circle by grasping a large Hoberman Sphere or holding a rope loop or two yoga straps connected together. Ask one student to come into the circle's center and the others to take turns giving the student a compliment. Have the students practice making eye contact with the student in the middle, saying their name, and giving specific compliments (e.g., "I really liked the way you helped me in Tree Pose today."). The student receiving the compliments should look back at the person and thank them for their words.

VARIATIONS & INTEGRATION

Put the teacher or a parent in the compliment sphere. It's a fun surprise, and the children love it!

Give compliments based on something particular, such as one thing the student does well or one thing that person has done for others.

NOTES

Holding the sphere, or a rope loop, helps students focus and gives them something to do with nervous energy.

