

# Compliment Circle

Kaiako card 20

## Why this activity:

Compliments make for a good start to the day, or a nice end to the day (or both)! Giving and receiving compliments support us to feel good, function well and think outside of ourselves for what's good and right. And once your tamariki understand compliments and how to give authentic compliments, they'll get better at it and this creates the habit. This simple activity supports this.

## You'll need:

Your awesome tamariki



## What to do:

Before you begin this activity for the first time, kōrero about what makes a good compliment - there's notes in the online activity to support this. You might like to use some of your circle time at the beginning or end of the day for a quick round of compliment circle.

Sit in a circle - ask tamariki to turn to the person next to them (so they're working in a pair) and exchange compliments. Then turn to the person on the other side, and do the same.

Ask tamariki to be mindful for a moment to feel anything that comes with their compliments (both giving and receiving) before moving on to the day or saying haere rā.

When tamariki feel more comfortable with compliments, you might play this like a game of clap where tamariki move around the circle, receiving a compliment from the person on their right, and passing on a compliment to the person on their left. In this way everyone hears the compliment.

You might use Compliment Circle as part of your mornings together or endings to your day. Check in as you need to to make sure the compliments are remaining authentic. Revisit the lowdown on compliments, if needed - we can all go a little stale sometimes!

## Whānau engagement

Tamariki might like to use Compliment Circle as part of their kai time or bedtime routine with whānau. Give whānau the heads up via Seesaw or Class Dojo about what you've been up to.