Advisory Lesson

The Compliments Project

1. VIDEO (4:25)

“I think you're beautiful! | social experiment”

<https://www.youtube.com/watch?v=gW8wV_qaaQc>

2. DISCUSSION QUESTIONS

What kind of compliments do you usually give? What kind do you usually get?

Can you remember the last time you got a good compliment? What was it about and how did that make you feel?

How do you feel when you give a compliment?

How do compliments help self – esteem?

Why don’t people see themselves the way others see them?

3. ACTIVITY

1. Provide each student with a blank sheet of paper and have the students write their name at the top of the page.

2. Instruct students to pass the papers around and anonymously write a compliment about the person on the paper. Each student should get each paper before the paper finally gets passed back to the owner (name at the top).

3. In the end, each student will have page full of compliments to take home.