**Secondary Guidance Lesson**

*Respect for Self and Others Pt. 2*

**Objective**: Students will share compliments with their peers in order to build a community of kindness and care while helping to support the growth of others’ confidence. Students will then affirm compliments they receive from their peers in order to build their own personal confidence.

**Goal:** The goal of this move is for students to build rapport with each other by learning what strengths they see in one another. This move is also for students to build confidence in themselves by acknowledging their strengths and affirming the kind words of others. These two actions working in tandem will support the growth of kind and confident students both in and out of the classroom.

**Activity:** Compliments for Confidence

* This activity can be done as a whole class or with groups of at least eight to ten students. The teacher should act as a moderator to ensure equity of voice as well as the use of appropriate language and kind words.

**Instructions:**

1. Students should sit or stand in a circle so they can clearly see one another.

2. Students are asked to provide a compliment to a peer. Once that student offers a compliment to their peer, the receiving student should respond with, “I AM [insert the compliment in order to affirm those words AND [insert compliment for the next student].

Here is an example scenario:

Student A: I AM a good basketball player AND Taylor is a really great math student.

Taylor: I AM a really great math student AND Brianna is nice to everyone at lunch.

Briana: I AM nice to everyone at lunch AND Michael is an amazing artist.

The teacher should keep track of the students receiving compliments to ensure each student receives kind words and has the opportunity for affirmations. Depending on the size of the group and time constraints, the compliment circle can be done multiple times

**Follow-up/Closing:**

* + How does it feel to get compliments from others?
  + How does it feel to affirm your own strengths?
  + How can you continue this outside of the classroom?