

What I Like about Us

Children practice giving and receiving compliments and learn about how giving compliments makes everyone involved feel happy. Compliments can also contribute to building meaningful and healthy relationships.

SEL COMPETENCIES

Self-awareness,
Relationship Skills

SKILLS recognizing strengths,
communication skills

MATERIALS

- ✓ Discovering Projectable 2.2.1
- ✓ Connecting Projectable 2.2.2
- ✓ Student Journals
- ✓ Family Connection take-home worksheet
- ✓ Q-Bear
- ✓ Shoe box, envelopes, stickers

CLASSROOM CONFIGURATION

- 1 whole class 2 whole class
3 small groups 4 individuals

OBJECTIVES

- Children will
✓ give and receive compliments.

★ COMMON CORE CONNECTION

This lesson addresses the following
Common Core Standards:

SPEAKING AND LISTENING: COMPREHENSION AND COLLABORATION

- ✓ SL.1.2

SPEAKING AND LISTENING: PRESENTATION OF KNOWLEDGE AND IDEAS

- ✓ SL.1.4, SL.1.5, SL.1.6

SKILLS Progression



LAST YEAR, children celebrated
their own qualities and interests.



THIS YEAR, children practice
giving and receiving compliments
to/from Q-Bear and their
classmates.



NEXT YEAR, children will
interview each other to learn
about their skills and talents.

1 DISCOVERING 10 MINUTES

Lesson Link

ACTIVITY 1

Tell the class that in this lesson they will continue to practice giving and receiving compliments, but this lesson will focus on the actual act of doing so, whereas in the last lesson, the focus was on why compliments are important. Explain that when you give a compliment you tell what you like about someone or what you like about something that person did; for example, you could say, “I like your smile” or “You really did a nice job of drawing that dog.” When you receive a compliment, you show your appreciation by saying, “Thank you.” Point out that both giving and receiving compliments makes us feel good.

ASK: *If you were going to tell Q-Bear what you like about him, what would you say?*

Display **Discovering Projectable 2.2.1**. Point out that this list contains compliments that you could give to Q-Bear. Call on several volunteers to add to the list as you record them. Then add something you like about Q-Bear as well.

Place Q-Bear in a chair. Have children join hands and circle around Q-Bear’s chair as they recite the following rhyme:

You’re our special Q-Bear,
Yes, it’s true.
These are some things
We like about you.

Ask children to read a few of the compliments from the chart with you and then say the rhyme once again. Continue until all the compliments have been read.

ASK: *How does it feel to give a compliment?*

Ask children to think about how Q-Bear might have felt as he received all the compliments children had to offer. Acknowledge that getting a compliment for something you do or something you are makes you feel good inside. Have Q-Bear thank children for all the compliments and say how good it feels to receive compliments. Then explain to children that giving a compliment to someone also makes the person giving the compliment feel good inside. Ask them to think about a time they complimented someone and how it made them feel.

2 CONNECTING 10 MINUTES

INSTRUCTION

Tell children that you and Q-Bear would like to compliment each of them. Encourage children to think about how they feel when they receive a compliment.

