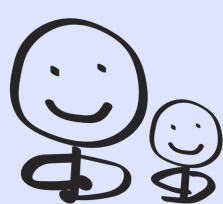




## CIRCLE OF COMPLIMENTS

### Who can do it?



Everyone

### When can you do it?



Anytime. There is no right time to explore kindness and give compliments.

### How will it help and expected outcomes?



- It will bring a sense of belongingness at the time of social distancing.
- It will help each one to know that they are loved and appreciated in the family/ among friends.
- It can bring out the positivity in relationships.
- What is the expected outcome?
- It will facilitate the feeling of being valued.
- You may be surprised by the outcome and the feelings that get associated with new compliments.

### Resources required?

- Heart full of kindness and compliments
- Family members/ friends
- Phone/ computer and an internet connection, if family members/ friends are in different locations

## HOW TO DO IT?

- Have people from the family/ friend group sit in a circle, with their legs stretched out in front of them.
- Let one person start by picking someone else in the circle to give a compliment. Once you've received a compliment, you pull your legs in (crisscross) so that everyone knows that you've received one already.
- Keep going around the circle until everyone has received praise.
- If family members/ friends are not in the same home, you can do this virtually too using Zoom or Skype!
- The real trick is to get everyone to give compliments on something other than looks so that the compliments are more meaningful.