

COMMUNITY NEWSLETTER

*SOCIAL AND EMOTIONAL LEARNING (SEL)
 & GIVING AND RECEIVING COMPLIMENTS*



WHAT IS A COMPLIMENT?

by Brian Schank, Senior SEL Programs Specialist

Finding the qualities we love in the people around us is a joy. When we recognize the positive things that we see in the people in our lives and how it makes our lives better we should want to point that out to them. We call that compliments or appreciations. A basic definition of a compliment is something nice we say to someone else. We can start there and add that a compliment should build a person up and ultimately recognize something specific, special, and unique about the person we are complementing. Both giving and receiving compliments can be difficult and needs to be learned and practiced, but once a part of our lives, giving and receiving compliments is uplifting, rewarding, and enriching. In this issue we will discuss learning to give and receive genuine compliments. When reading this issue reflect on where you are at with compliments and how we can enhance our relationships through genuinely showing appreciation for people. Thank you for continuing to read our monthly newsletters, and for supporting SEL and Emotional Intelligence. Together we make a difference in the world (see it felt nice to compliment all of you readers out there). Happy New Year! The New Year is a great time to give the and receive a genuine compliment.

EARLY LEARNING

Children are born social and ready to interact with other parents, and caregivers are responsible for creating a nurturing environment that helps the little ones build healthy brain connections. Part of creating that strong connection is verbal communication. At this age parents can make compliments part of their children's positive interactions. Babies love to hear that their parents love them and that they are special; it enhances self-confidence and early learning. Using phrases like "you are smart" or "you are curious" during mirror play or "you are athletic" when they meet a new gross motor skill milestone. It allows children to feel confident about themselves, practice new skills, and make new discoveries.

ELEMENTARY SCHOOL

A verbal positive reinforcement can enhance children's intrinsic motivation. As parents and educators compliment their children, they help them develop their self-esteem and motivation. Elementary school children are encouraged to give compliments to others when they receive compliments. At this age children are starting to focus less on themselves and want to learn more about others. This is a great time to teach them about the meaning of compliments and how to practice it with their friends. Also, they can reflect on how compliments make them feel. This later helps them feel more comfortable accepting compliments and avoid deflecting positive aspects of themselves.

MIDDLE SCHOOL

Parents' words help children solidify and build positive behavior. Highlighting the positive in children is a powerful tool to help them accomplish their goals. It can begin by teaching or reinforcing the process of giving a compliment to middle schoolers. At this age children might feel awkward about giving or receiving compliments, but adults can continue modeling those positive practices. Be specific and stay present! Even if children don't show it, they really appreciate receiving compliments from parents. Making eye contact and using a friendly tone of voice help children feel loved and good about themselves. Show children gratitude when they take the initiative to compliment someone else.

HIGH SCHOOL

Complimenting our high schoolers allows them to feel confident about the big decisions they are about to face and make. At this age, our young adults might not seek out their parents involvement in their decision-making process. For parents, it can be hard to step back because they want their child to feel supported. Using phrases like "I believe in you" or "I'm proud of you" helps teenagers feel safe about making those big steps on their own. It also helps them to stay connected with their parents.

COPING SKILLS & ACTIVITIES



RECEIVING A COMPLIMENT

by *Emily Sewart*
Community Programs Specialist

While most of us are ready to hand out a compliment at a moment's notice, many of us have a much harder time receiving compliments in return. Some of us shy away, or immediately begin to disagree when given a compliment; making it uncomfortable for both the person giving the compliment and the person receiving it. However, I received a piece of advice a long time ago from a colleague of mine who had just given me a compliment that I began to tear apart: She stopped, looked at me, waited until I was finished then smiled and simply said: "Just say thank you." Ever since then when receiving a compliment, I try to remember it isn't just about me (aka the person receiving it) - it's also about the person who has built up the courage to give it. Receiving compliments graciously can not only help to build our self-esteem, but also build positive, healthy relationships with your friends, family, and colleagues. Here are some tips on how to give and receive compliments:

Giving a Compliment: "Wow, that is a beautiful dress you have on today!"

Be spontaneous; be specific; keep it short.

Receiving a Compliment: "Thank you! I got it at Ross, for \$10!"

Say thank you; agree with their compliment; don't feel it necessary to compliment back.



STRATEGIES FOR COMPLIMENT GIVING

by *Carolyn Tompkins*
SEL Programs Specialist

Compliments can have a powerful and positive impact on our mood, both as the compliment giver and compliment receiver. When we give a compliment, we experience connection as we acknowledge another person. Here are three tips for giving a compliment:

- 1) Ensure that your compliment is genuine. Giving a false compliment can have the opposite effect on the person on the receiving end, potentially resulting in them feeling insecure.
- 2) Give details to ensure that your compliment is specific in nature. For example, instead of saying "you're great at the guitar" Say, "when you play the guitar, I can hear so much expression in your performance."
- 3) Compliment the big things but also the small things too. Sometimes a seemingly small thing can make a big impact. If you like someone's shoes in the grocery store, tell them!

For additional information on these ideas and more, please [click here](#).



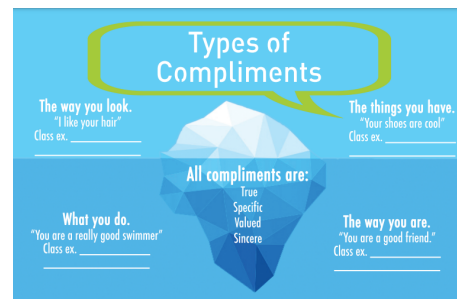
RESOURCES AND READINGS

by *Siomara Bridges-Mata*
Senior Community Programs Specialist

Community Building Sessions™ (CBS) is a strategy utilized by Frameworks of Tampa Bay to help build a positive classroom community, reinforce relationship-building skills and practice social and emotional learning skills. One of the purposeful parts of a CBS is sharing compliments or appreciations. The compliments and appreciations component of CBS gives students the opportunity to

practice kindness and empathy by highlighting the positive characteristics and contributions of others. All compliments should be true, valued, specific, and sincere, so we discuss the different types of compliments we can give and receive. Below you will find an image of our compliment poster, which gives you a sample of surface-level compliments and deeper level compliments with some additional resources that will help you on your journey of giving and receiving compliments and spreading kindness!

If you are interested in implementing CBS at your school within your out of school time program, contact us today.



Frameworks
REAL WORLD EXPERIENCE WITH THE IDEAS OUT

Videos:

- [How To Give and Receive A Compliment](#)
- [10 Compliments Your Kids Need To Hear](#)

Books:

- [11 Picture Books to Teach Children About Giving to Others](#)

Article:

- [Harvard Business Review: Do Compliments Make You Cringe? Here's Why-](#) By Christopher Littlefield

Podcast:

- This episode is about compliments and the impact it can have when it's given or received: [New Me, New You- Giving and receiving compliments](#)

Worksheets and Teaching Resources:

- Free resources and activities that support giving and receiving compliments: teacherspayteachers.com

To access free resources or purchase resources for home, classroom, or office use please visit our website: www.myframeworks.org



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2022 Head & Heart Luncheon
FEATURING KEYNOTE SPEAKER
ARTHUR BROOKS
ARMATURE WORKS | APRIL 21, 2022

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MAKE AN IMPACT