

Social Emotional Learning

Lesson 1: Self-Awareness Complimenting at Home

SEL Objectives:

- To enhance the self-esteem of all family members.
- For the individual family members to each recognise their own worth and value of one another through giving and receiving compliments.
- To be a fun family activity to bring joy through complimenting each other.

Talking Points:

- Complimenting is one of the first lessons we teach in all year groups to help develop relationships and self-esteem of the pupils. At home, we hope that through complimenting your family will find joy in building each other up through this time.
- This is always a fair process and everyone gets a turn albeit that everyone has to wait for their turn. At home if you want to do this take two containers, label one **I have not had a turn** and on the other **I have had a turn** and on strips of paper/card/lollipop sticks write one family member's name on each one. Place all names in the have not had a turn container. Choose one member daily to compliment and then place their name in the 'Have had a turn' container.
- Talk to your child about what their understanding of a compliment is, and some examples of compliments.
- We teach children about the 4 types of compliments:
 - The Way People Look
 - The Things People Have
 - The Things People Do
 - The Way People Are
- Try to include a discussion about 'back-handed' compliments and the negative connotations with these. If children share a compliment like this in class we either re-phrase it if a good intention was meant, however if the intention was to be negative,



we discuss how ‘insults’ are the opposite of compliments and not acceptable.

- Another thing we are very keen to emphasise is that no child is **ever** excluded from the compliment process. The idea is to compliment the positive behaviours and characteristics, and this in turn helps children to try a little harder with their behaviour.
- Share compliments together as a family using some of the activity ideas listed below. When complimenting someone it is important to ensure the compliment is given directly to that person. For example we would say “You are extremely kind and helpful when you help your little sister get dressed” not “Nia is very kind and helpful when she helps her little sister get dressed”. Try and encourage good eye contact when compliments are made and ensure the compliment is responded to with a ‘thank you’.

Accompanying Video:

The Barnardo’s SEL team have created a short video to help with the talking points above. Your video will be shared to www.facebook.com/pathseducation and <https://twitter.com/PATHSEdUK> on 21/4/20.

Supplementary Activities:

There are 3 different SEL activities to complement this lesson that you may wish to use. These will be shared in an individual activities booklet along with the accompanying video.

Pre-School: Compliment Catch

Age 4-7: Compliment Tree

Age 7-11: Compliment Poem

Reminders:

Following each SEL lesson, you could try to incorporate family complimenting as part of your weekly routine.