Compliments lesson plan  
  
Define compliment  
  
How to give a sincere compliment  
  
How to receive a compliment (you must be able to find things about yourself that you love and admire.  Saying "oh whatever"  or "I'm not that smart" or anything to dismiss the compliment, not only hurts your self esteem, but also takes away from the person who complimented you)  
  
How does it feel to give a compliment? To receive a compliment?  
  
Watched  SoulPancake compliments video  
  
Asked for student volunteers to demonstrate giving and receiving a compliment  
  
Completed the Shining Your Light Activity