

Wheel of Wellbeing

Bank of Compliments



Overview of the activity

This group activity is designed to generate positive emotions and demonstrate how powerful they can be in connecting people. It works best with participants who know a little bit about each other.



Why do this?

“I can live for two months on a good compliment.” – Mark Twain

Giving a compliment boosts your mood by releasing feel good chemicals like dopamine. Genuine compliments help build relationships, improve communication, motivate people, and boost self-esteem and self-confidence.



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Instructions

-  Photocopy the Bank of compliment template (below)
-  Give each participant one sheet of 5 blank 'cheques' and get them to write their name on each one where it says 'to'
-  Once their names are on each of their cheques, ask each participant to hand their sheet to the person on their left. Ask that person to write a compliment about the person whose name is on the sheet - on the top cheque - and then fold the page to the back along the 'fold' line so the compliment is hidden.

note: Group members should think about writing compliments that are authentic and specific. Rather than, 'You're nice', (too general and relatively meaningless), they should be writing specific things like, 'I really appreciate the way you take time to talk to people. You're really warm and it makes people feel valued.'

-  Ask the participants to continue to pass the sheet to the person on their left to add a compliment and fold the sheet over again, so the second compliment is hidden as well.
-  Continue the process until all 5 'cheques' have been filled in and the sheet is folded up. Return the sheet to its owner.
-  Give people a few minutes to read and absorb the compliments they've received.

Reflect on the process with the group

1. How easy was it to come up with a compliment? (It probably would have been very easy to come up with 5 things that annoy you ...we're so much better at the negatives!)
2. What did it feel like to read the things people wrote about you?
3. How did you feel about the group after you read your sheet?
4. What particular compliments had the most impact? Why?
5. How might these reflections be incorporated into your relationships with others - at home, at work, in local communities?



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the bank of compliments



To: From:
Date: Compliment:
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