

MATES Junior Activity

Resource Guide

Goal: Positive Attitude & Identity

Activity Type: Group
Relationship Stage: Mid-late

Activity Name:

“What I Like About You”

Objective:

To practice giving and receiving compliments

Preparation Time:

None

Activity Duration:

15-20 minutes, depending on the size of the group

Required Material:

- Paper and pens for Activity 2

Instructions:

- Activity 1: Verbal compliments. Mentees take turns complimenting another mentee. The mentee who is complimented should accept the compliment (by looking at the person who said it, smiling, and saying thank you) and the complimentor replying “you’re welcome”. The mentee who was complimented then compliments a different mentee who hasn’t received a compliment yet. Every mentee should be included, so that the last mentee is complimenting the first mentee. This can also be done in pairs or small groups if you have a very large group. At the end of the activity, ask each mentee to share the best compliment they ever received. It may be from a family member, friend, teacher, sports coach, or even their mentor! Encourage them to describe why this compliment is important to them.
- Activity 2: Written compliments. Write each mentees name at the top of two small pieces of paper. Distribute these amongst the group, so each mentee has two slips of paper with other mentees names on it. Underneath the mentee name, the mentee who received the slip of paper must write a compliment. Collect the slips of paper when they are finished and hand out to the mentee’s they belong to. Every mentee should end up with two written compliments. As a group, ask each mentee to share one of the compliments and describe how it makes them feel.

Further Notes:

- This requires a safe environment for mentees, so carefully monitor for anyone not participating in the right spirit.
- Encourage mentees to be creative in their compliments. You may like to challenge them to give non-aesthetic compliments (i.e., not giving compliments on looks or clothing).
- This is also an activity for developing Prosocial Competency (S006)