

# Week #7



## How to Give a Compliment

- Look the person in the eyes
  - Try to be specific
  - Be honest; say things that are true
- Focus on their strengths, good qualities, & characteristics
  - Smile! – Be happy when you give a compliment

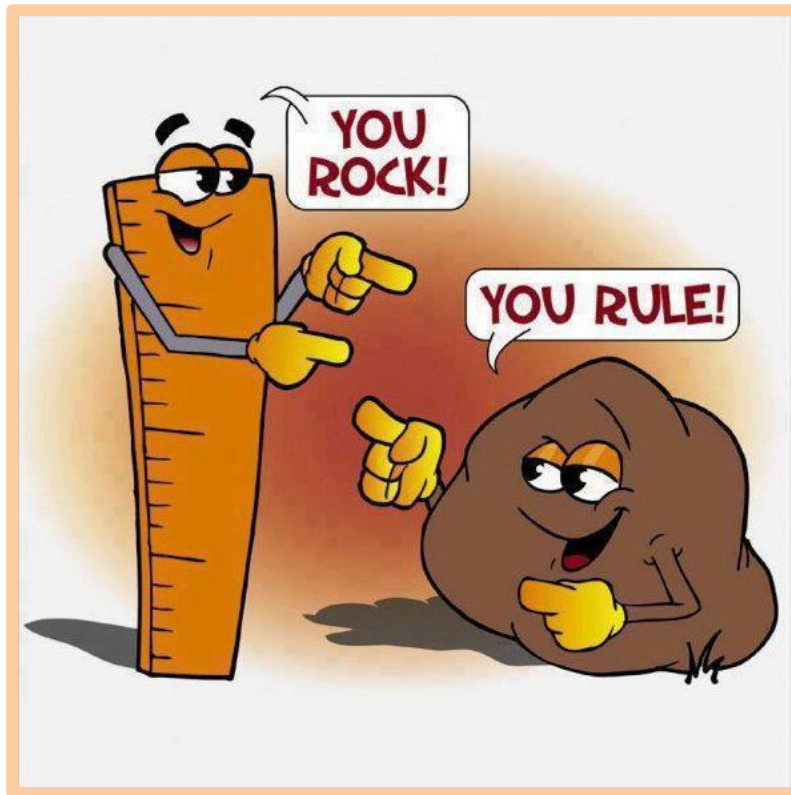
### How could you improve this example?

- You're smart.
- Good job!
- Sometimes you can be nice.
- You're the best basketball player in the entire world!

### Here's an idea:

- I am really impressed with the way you solved that problem.
- That was an amazing shot!
- That was really kind of you to let her go first.
- You are really talented at basketball.

# How to Receive a Compliment



## Sometimes it's hard to accept a compliment.

This might be because:

- We don't believe it
- We don't like the attention
- It makes us feel uncomfortable
- We want to brag about it

We might say things like:

- That's not true.
- Thanks, but I don't think so.
- You're just being nice.
- I know, I'm a genius!

**Believe what they are telling you! And try out one of these responses:**

- Thank you!
- That was really nice of you to say!
- That means a lot.
- *Give them a compliment back*