

Cooking Up

COMPLIMENTS



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Session Objective:

*Students will identify positive traits in others.

Materials:

*Food cards cut out (make duplicates).
*Plate paper for each student.

Tips and Tricks:

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*Put Velcro on the plate and on the back of the cards for them to stick.
*You can also use a real paper plate!

Guiding Questions:

*Why is it important to give compliments to others?
*Why is it important to receive compliments and not brush them off?

ASCA Standards:

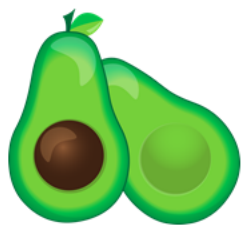
*Mindset: Self-confidence in ability to succeed. (M2)
*Behavior: Social Skills: Create positive and supportive relationships with other students. (B-SS1)

SEL Competencies:

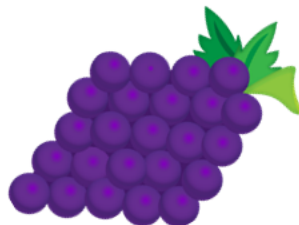
*Self-awareness: Recognizing strengths, self-confidence.
*Relationship skills: Relationship building, communication, social engagement.
*Social-awareness: Respect for others.

Session Details (about 30 min):

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*Place the food cards in the middle of the table so all students can reach them, make duplicates of the cards so that more than one student can be given the same compliment.
*Begin the activity explaining to students the plate in front of them is theirs and we will be cooking up some compliments today. Talk about how we are all deserving of compliments, and it makes us feel good to not only receive a compliment but to give one as well. Say "Today we are going to make each other smile with some kind words. Who knows maybe you will point out a strength to the person that they did not even realize they had. The plate in front of you is empty, your groupmates will fill it with compliments they think you are deserving of". "In the middle of the table you will see the different food cards with compliments on them, look for at least one compliment per person to give to each group member. Make sure you are really looking for a compliment that they deserve, not just the food that looks yummy." Make sure each student has a plate full of compliments, if not then add a few yourself. Once completed, have each student share what compliments they got on their plate and which one was their favorite and why. Ask them how getting the compliment made them feel.



**You're a
good friend.**



**You're fun to
be around.**



**You have a
nice smile.**



**You are
very smart.**



**You are an
awesome helper.**



**You are
funny.**



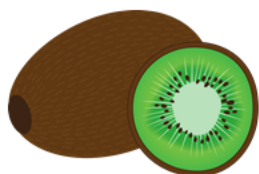
**You look
nice today.**



**You always know
the right thing to
say.**



**You're a
caring person.**



**You contribute
good things.**



**You light up
the room.**



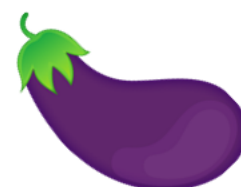
**You are a great
group member.**



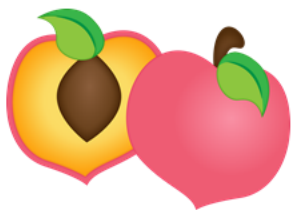
You're kind.



**You're a hard
worker.**



**You are a
team player.**



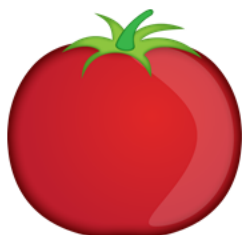
You are a good person to know.



You are a good listener.



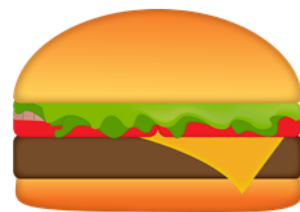
You tell funny jokes.



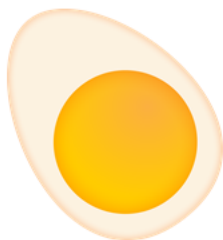
You're a good role model.



You are polite.



You have great ideas.



You are friendly.



I like knowing you.



You inspire others.



You are a great classmate.



I like the way you share.



I like getting to know you.



You're a good artist.



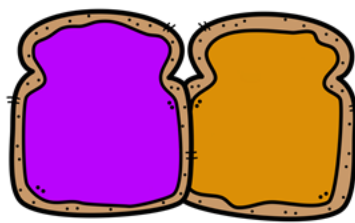
I like how you talk.



I like the way you stick up for others.



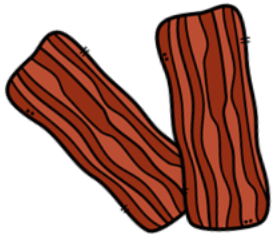
**I like how you
work with others.**



**I like how you
cheer others up.**



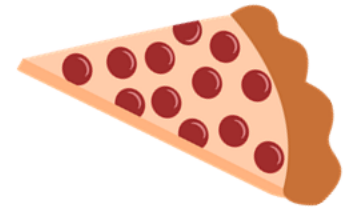
**I like how
you dance.**



**I like how
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**I like how
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**You're
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**I like how you
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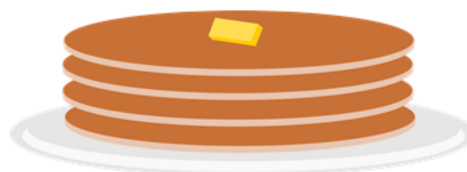
**I like your
clothes.**



**You are a
fast runner.**



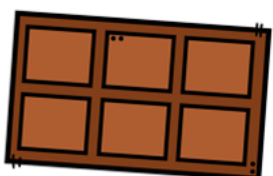
**I like your
hair.**



**I like your
shoes.**



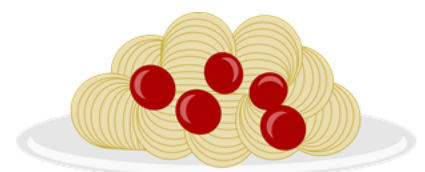
**I like having you
as a friend.**



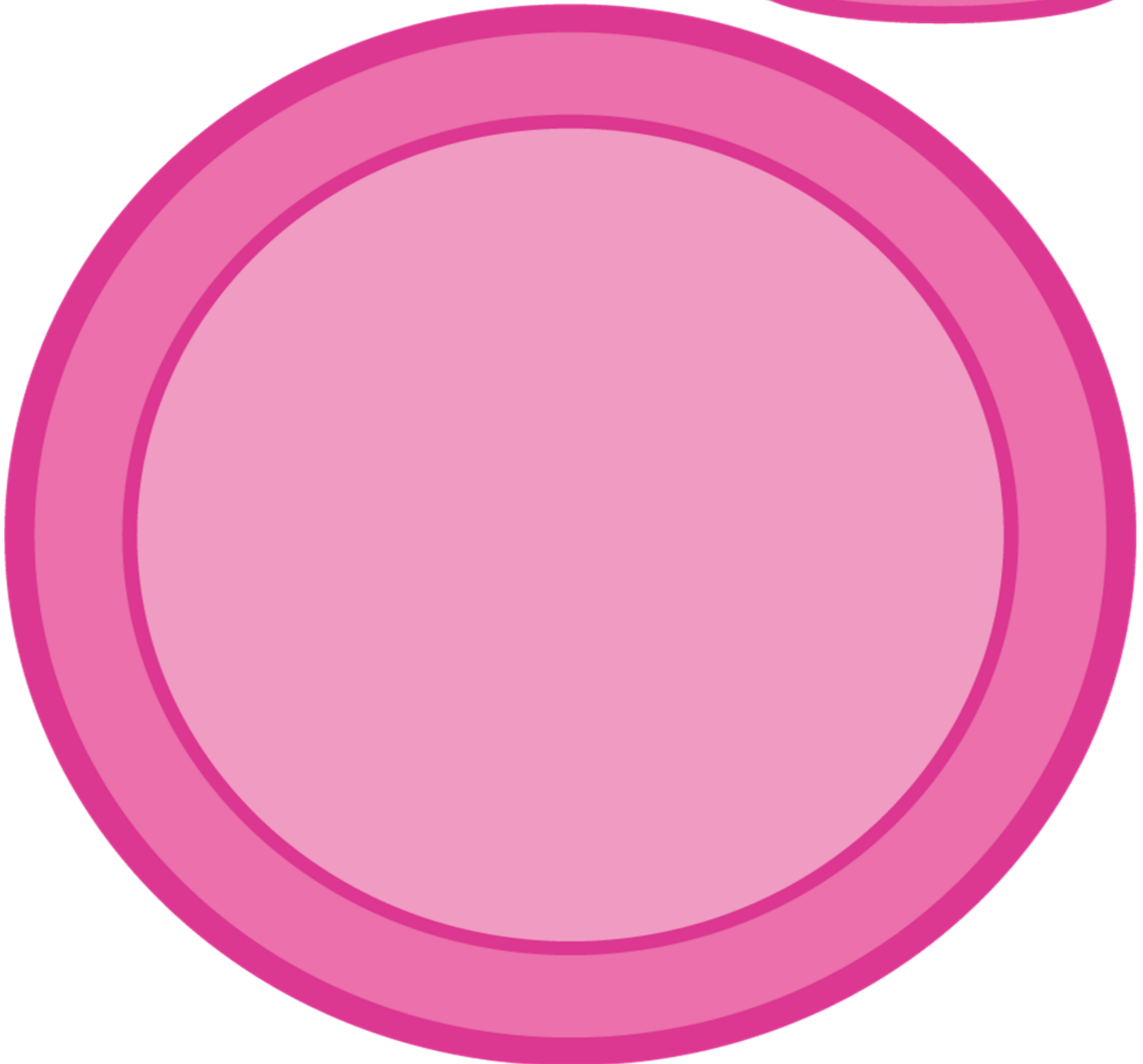
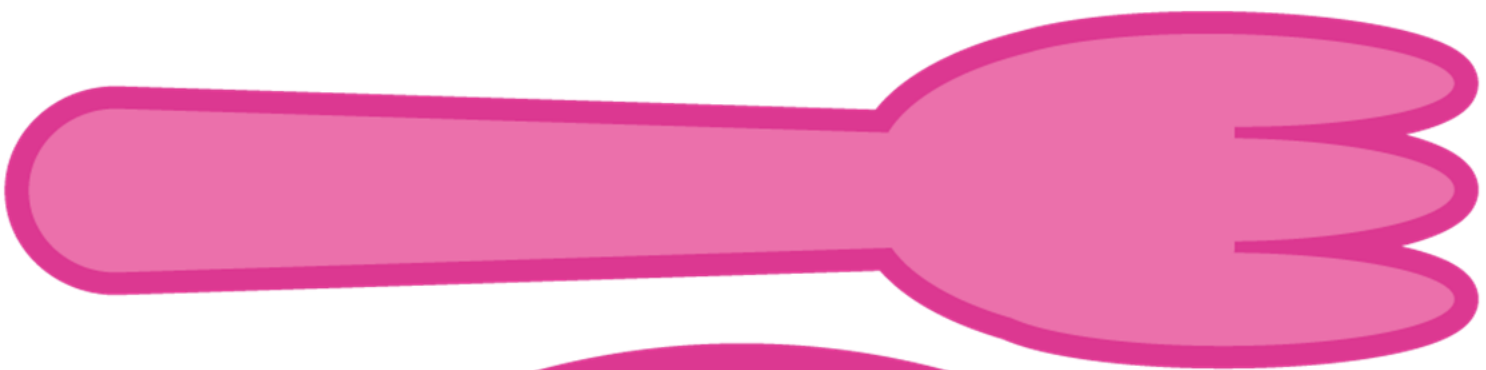
**You are good
at sports.**

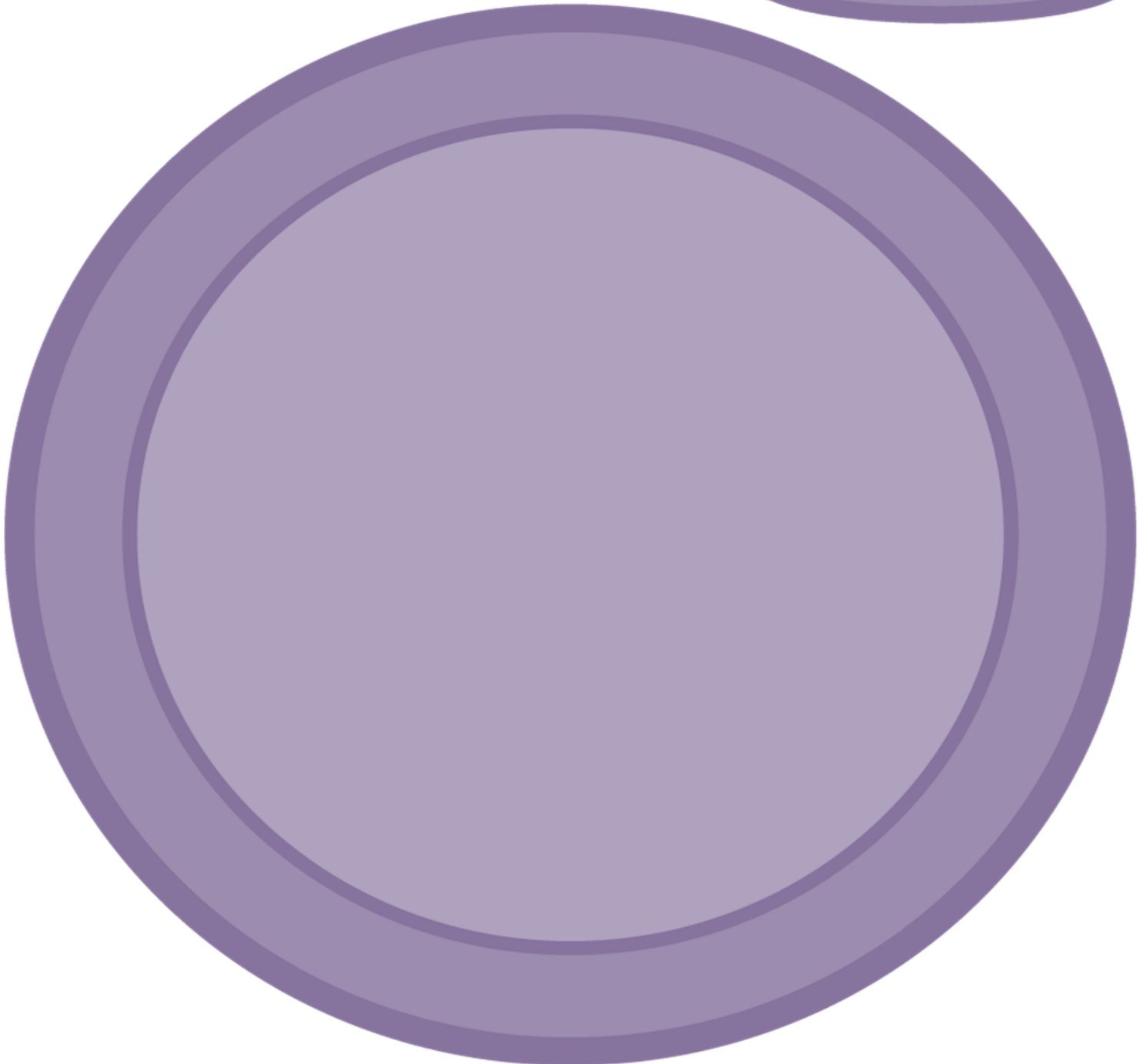
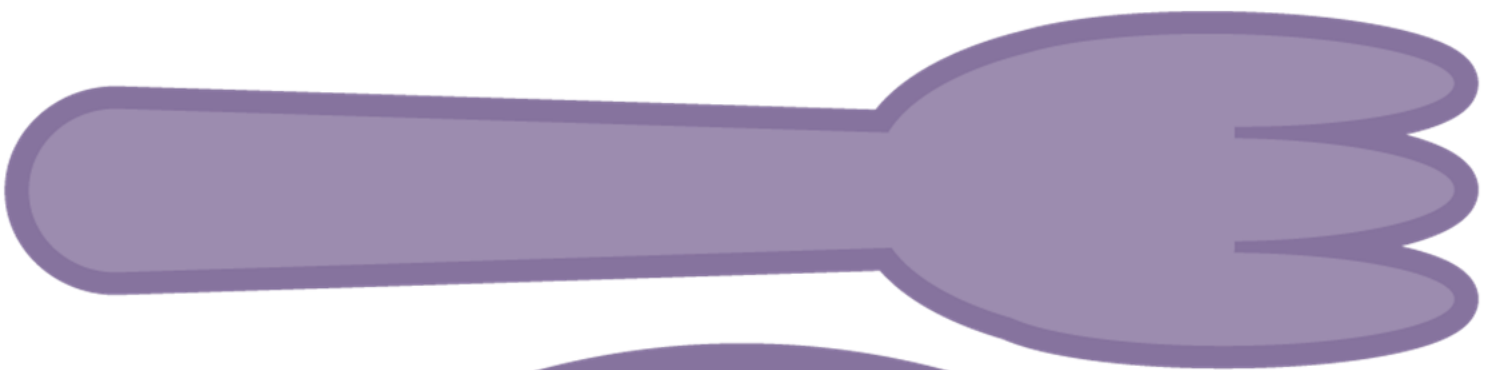


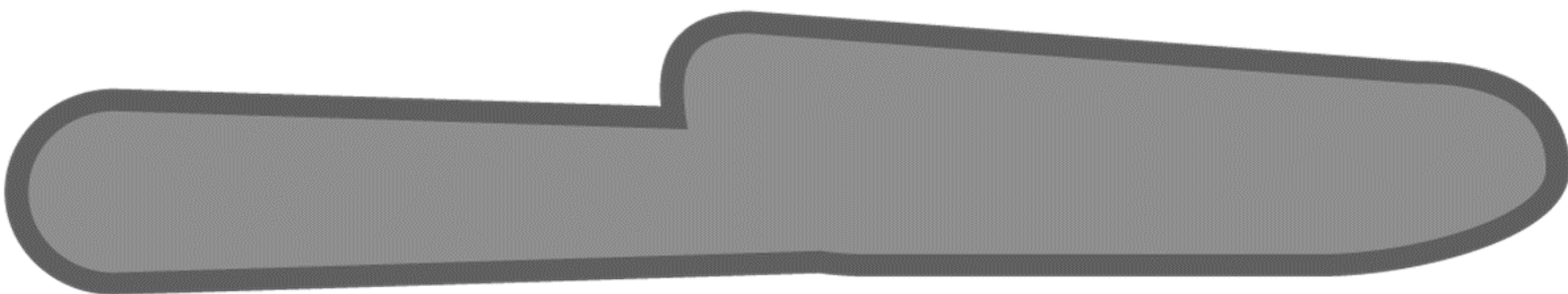
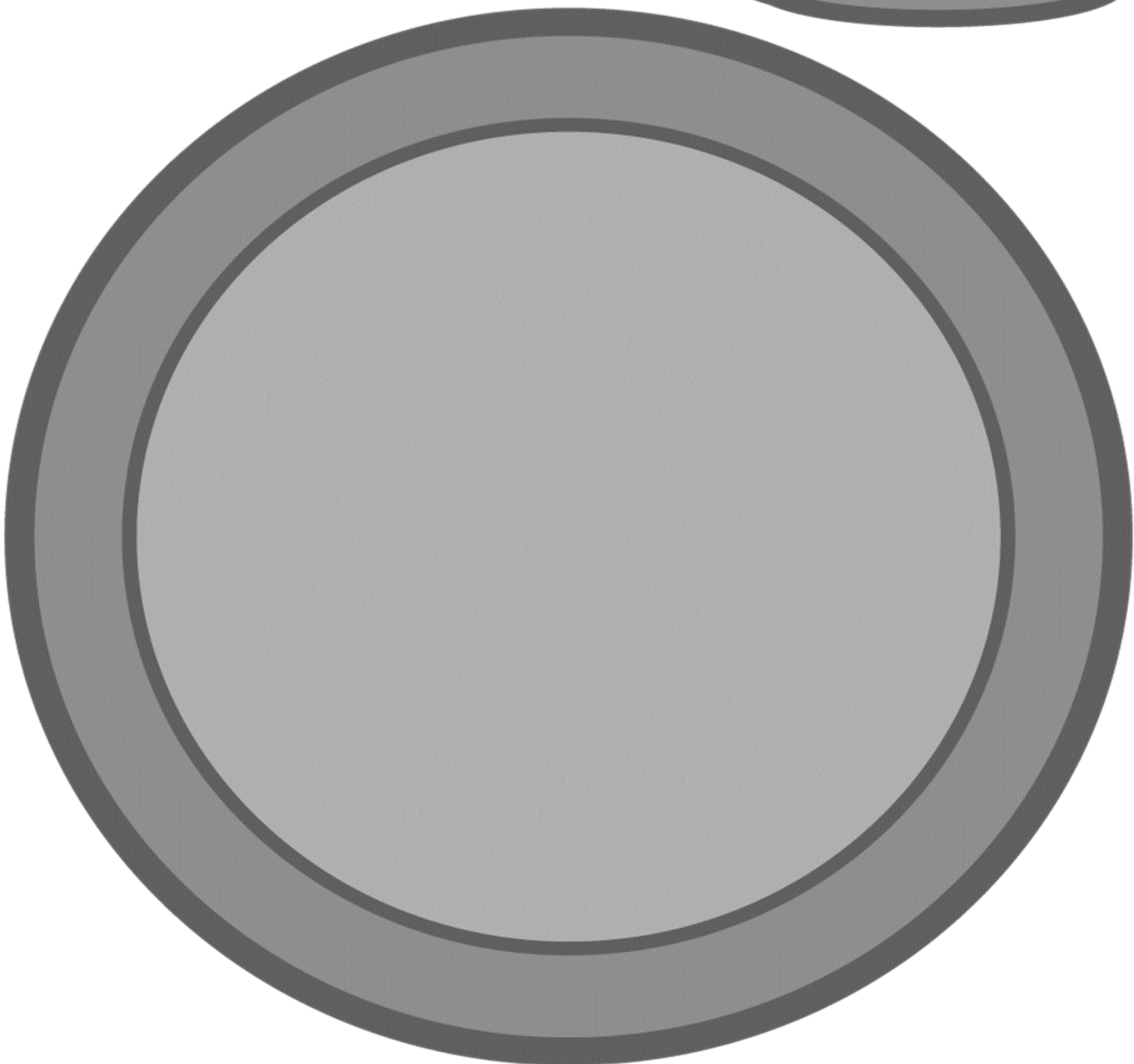
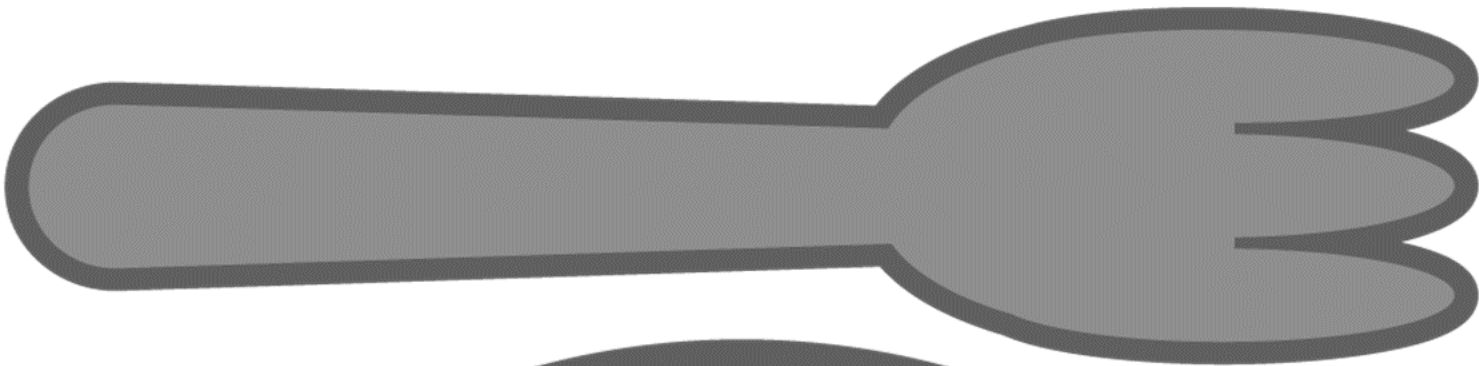
**You are an
awesome
leader.**

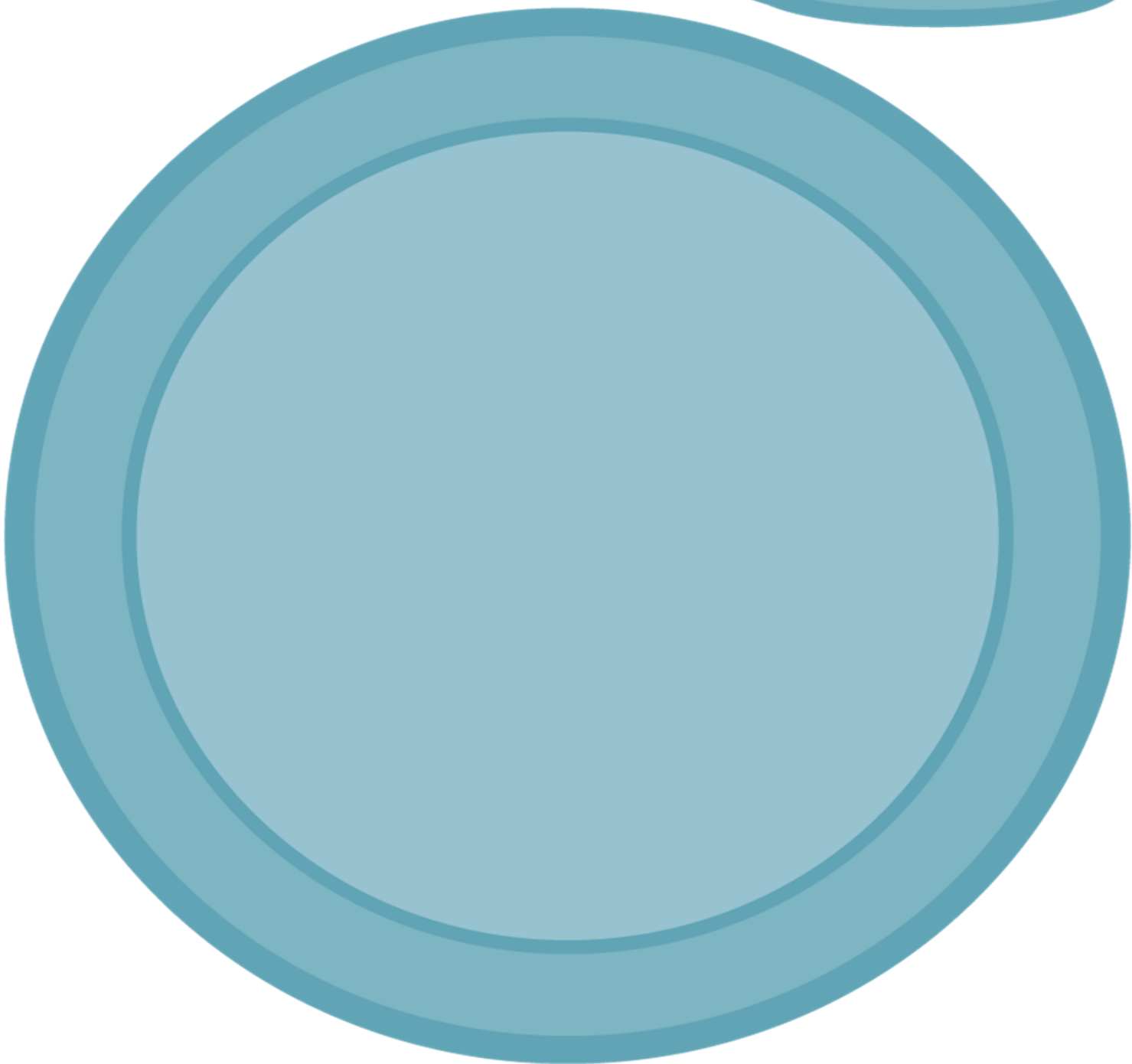
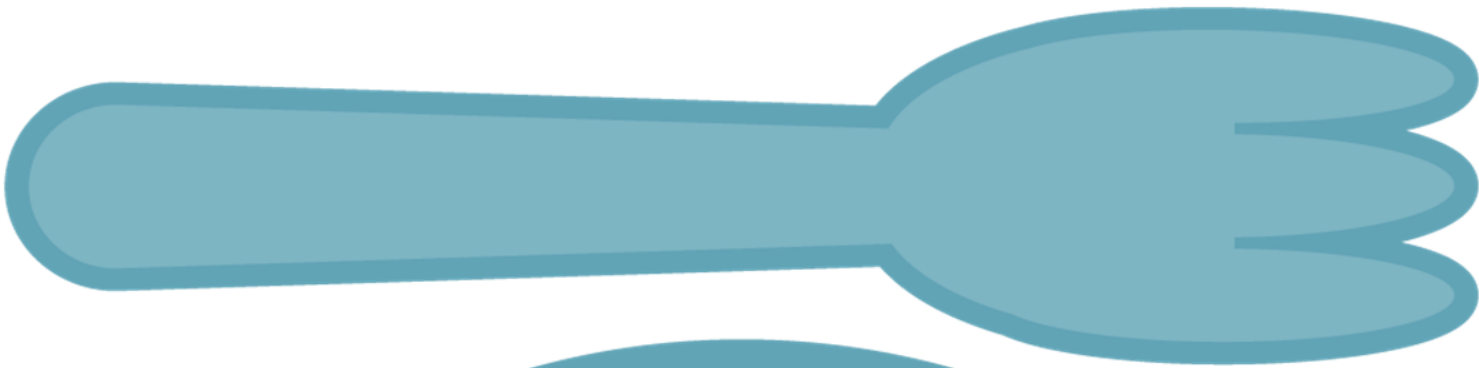


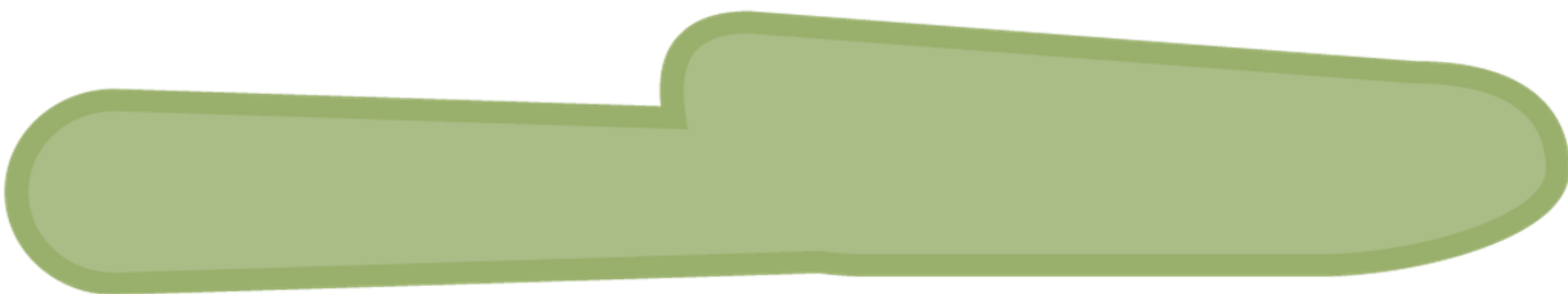
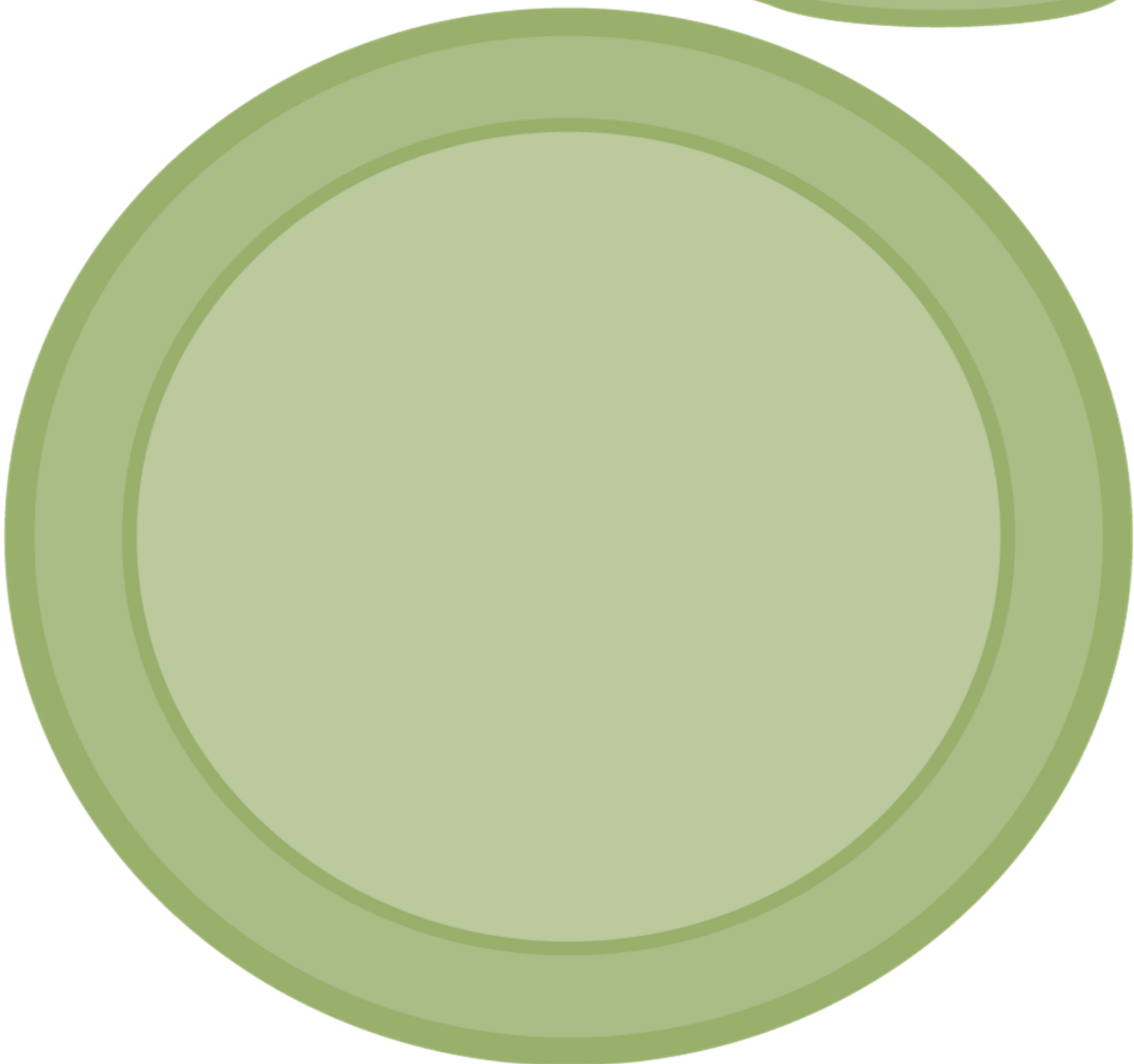
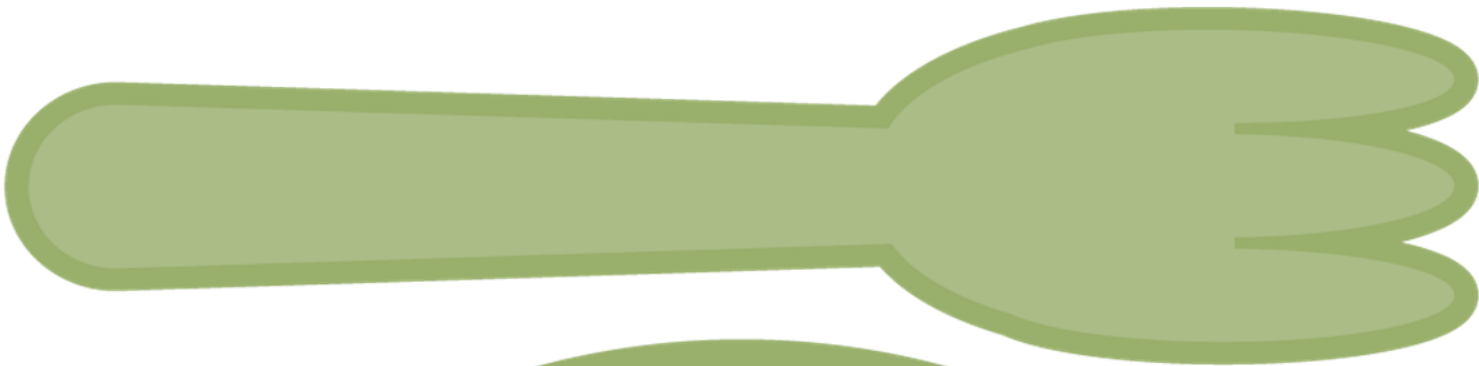
**You are
totally cool.**











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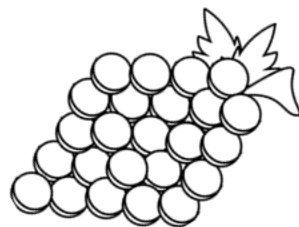
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**You're fun to
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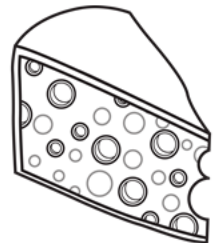
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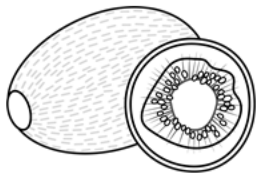
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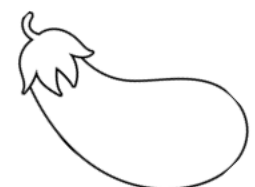
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You're kind.



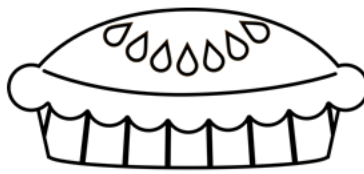
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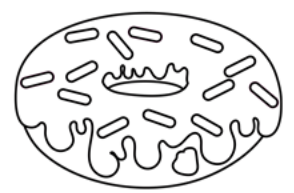
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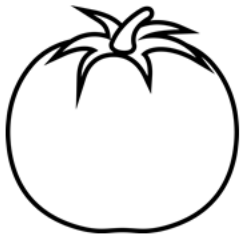
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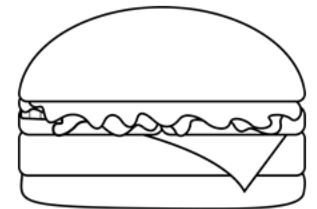
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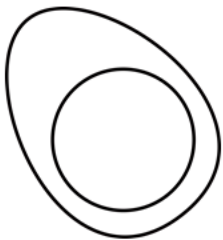
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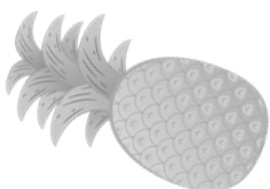
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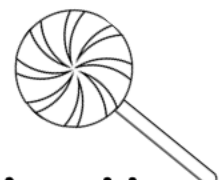
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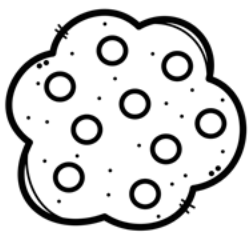
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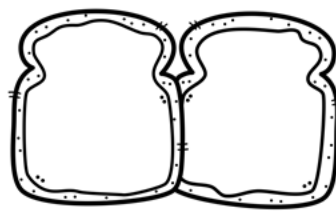
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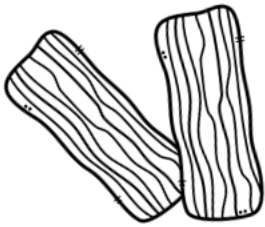
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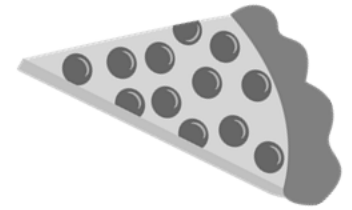
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**You're
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**I like how you
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**I like your
clothes.**



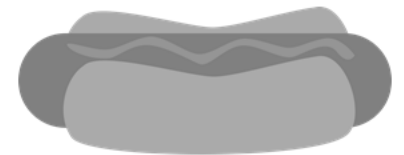
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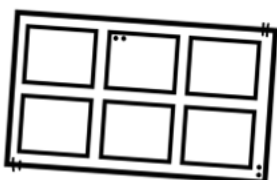
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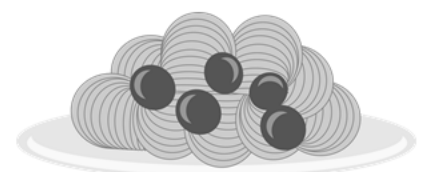
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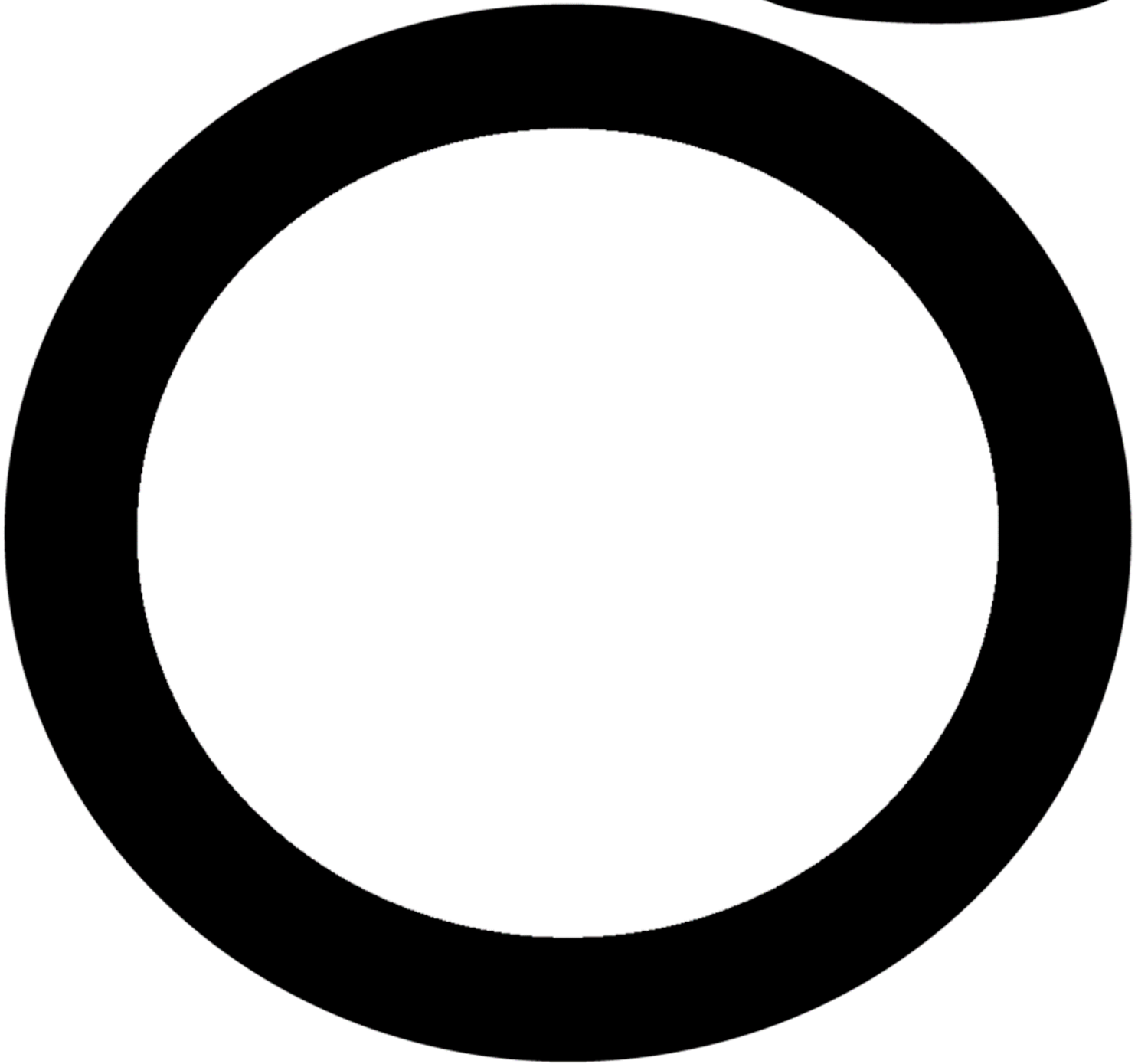
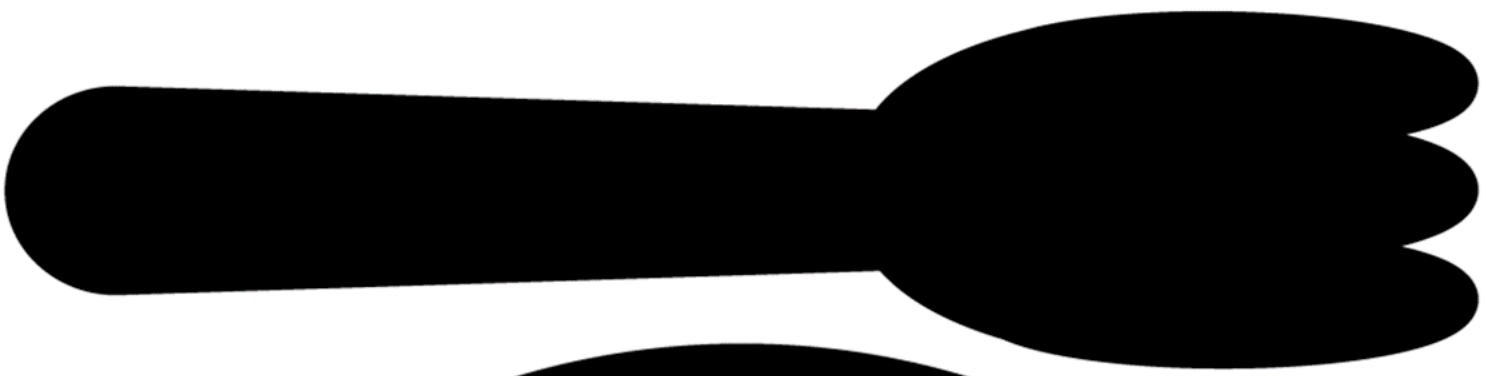
**You are good
at sports.**



**You are an
awesome
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**You are
totally cool.**



GOOGLE CLASSROOM

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Cooking up Compliments](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

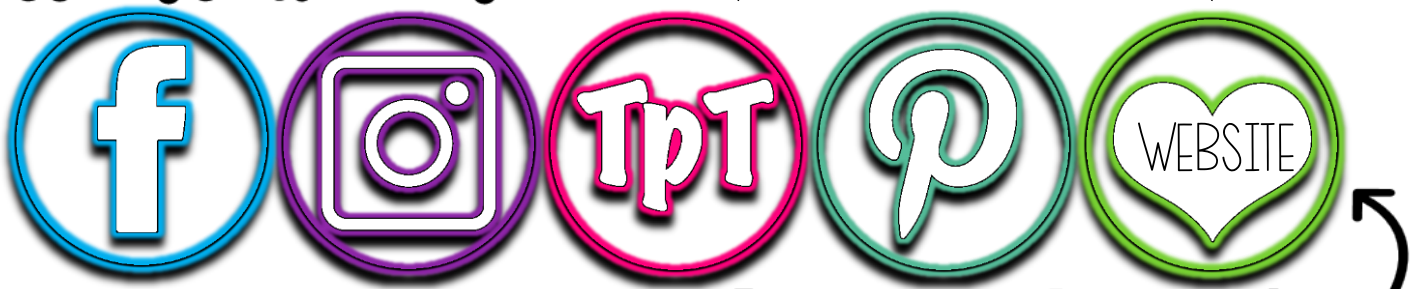
ABOUT THE AUTHOR



Hi, I'm Ashley
SCHOOL COUNSELOR
Blogger & Creator

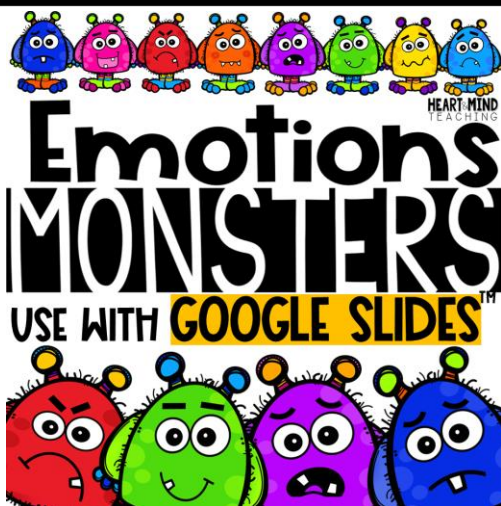
I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to two young boys. Thank you for supporting my little shop.

Click the icons to connect with me



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[Gayle McGlaulin](#)