

Compliment Box

KINDNESS AT HOME™
ACT • Week 4 • INCLUSIVENESS

Lesson Timeframe

15 min set up

10 min daily check in

Materials

- ☐ A Box
- ☐ Paper and Pencils
- ☐ OPTIONAL: Decorations for outside of the box



ACT

We have spent this entire month focusing on what inclusiveness is and how we can genuinely include others within our family. Now it's time to act on what we've learned! This week the goal is to genuinely compliment others like we saw students do in our Week 2 video. Remember, **Inclusiveness is including others, inviting them in, and welcoming them with open arms.** To promote a focus of inclusiveness in the home, we will be creating our own compliment box, filling it up daily with AT LEAST one compliment per person. Every person must provide one or more genuine compliments for every other person in the home. If you have a large family, you could draw names and have each person focus on one or two different family members each day.

PREP:

Take time together to gather the following items:

- A Family COMPLIMENT BOX (decorate if desired)
- Index cards or paper to write down compliments
- Pencils or other writing tools such as crayons, markers, etc.

PROJECT:

As a group, review the rules for the Compliment Box:

- All compliments must be genuine and specific. Avoid general phrases such as "Gerald is cool" or "Ivory is amazing". Try to dig deeper and focus on each one as a person so they feel more included. For example, "Gerald is an excellent listener!" shows greater kindness.
- Every person must receive one compliment a day.
- All compliments are ANONYMOUS. Do not write your name on the paper; just the name of the recipient.
- Each day at a designated time, all compliments will be read aloud. Set your chosen time as a family.
- If desired, give each handwritten compliment to the person after reading it aloud.

Level Up!

Want to take your Compliment Box to the next level? Create a personalized collage of all the compliments received for each person at the end of the week. Encourage them to hang the collage in a visible place so they are constantly reminded how important they are within this family!

