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# Compliments Challenge

Activity Sheet



Sharing kind words can make a big difference. Compliments don't just make people smile - they can help build confidence, connection, and a sense of belonging.

When we lift each other up, we also remind ourselves that we all have unique strengths and things to be proud of.

## Instructions

1. Gather some students who want to spread kindness.
2. Write compliments or nice thoughts to hand out to students so they feel welcome. Remember to focus on what people do and who they are (e.g., their actions, creativity, or kindness), not on their appearance.
3. Celebrate successes and share how giving compliments made you feel.

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## Ideas for sharing compliments

- Write compliments and nice thoughts on sticky notes and post them on a bulletin board in your school – like a “kindness wall.”
- Create a compliments jar that travels between classrooms. Students can take one message out and add one of their own.
- Teachers or members of your student team can hand out “kindness tickets” when they notice students spreading kindness.
- Your idea! Think about how you can share compliments and nice thoughts in a way that includes the whole school!



A good compliment shines a light on someone's inner strengths. Instead of saying, “You look nice today,” try, “I really liked how you included everyone in that game,” or, “your ideas made our project better.” Compliments like these help people feel valued for who they are, not what they look like.



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