

Dear friend,

I hope your day is going great. I want you to know that our school is better because you're here.

Thanks for being a kind person.

See you around.
Jemma



Does your classroom community need to improve?

Teach Your Students to GIVE COMPLIMENTS

Transform Behavior With This Much-Loved Compliments Challenge!

- ➔ Exciting collaborative secret mission
 - ➔ Builds deeper connections
 - ➔ Reinforces positive behavior
- ➔ Supports social-emotional growth
- ➔ Touches the wider school community
- ➔ Easy but effective Compliments Day fun



SCROLL to see why you'll love these Compliments Bookmarks!



- ➔ 66 outlined bookmarks with quotes to color
- ➔ Print outlines on colored card

A Relaxing Coloring Activity

- ➔ Improves hand-eye coordination and dexterity vital for writing and drawing.
- ➔ Boosts focus and concentration.
- ➔ Improve spatial awareness.
- ➔ Enables creativity and emotional expression.
- ➔ Reinforces positive thoughts and behavior with fun compliments.
- ➔ Supports social-emotional growth.
- ➔ Provides a calming brain break.



My students had a difficult time last year writing encouragements to one another.

This resource allows students to have the words they want to share and transitions them into making encouragements on their own.

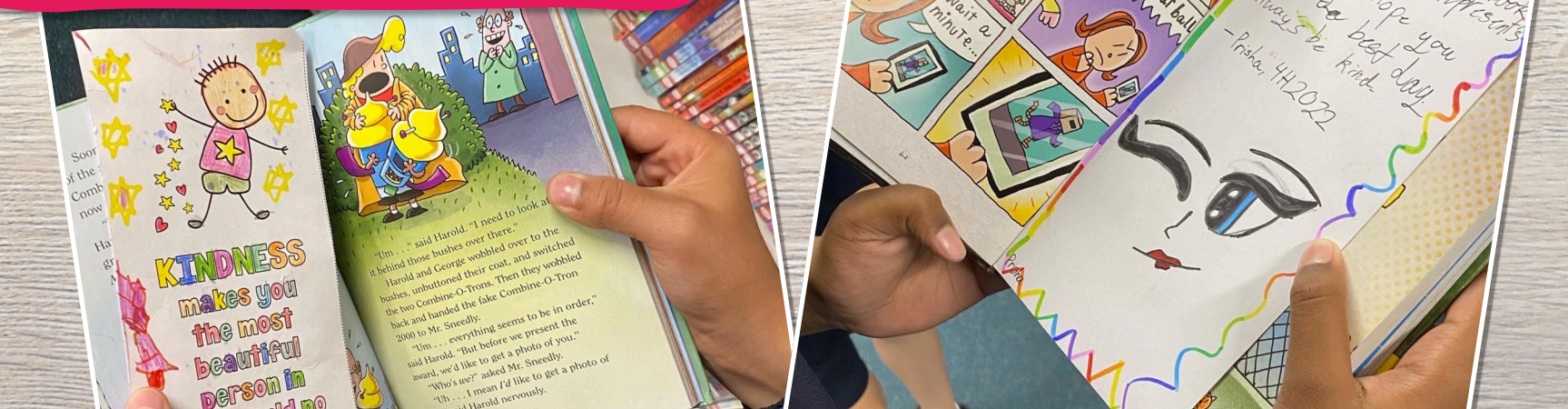
Dallas - 3rd Grade





- ➔ Color a bookmark
- ➔ Write a nice note on the back
- ➔ Join classmates on a secret mission to hide it in the library for others to find

NOTE: Photos are of kindness bookmarks but the challenge is the same!



Much Loved Secret Mission

- ➔ Creates excitement and anticipation as kids feel like they're on a secret mission to spread joy at their school.
- ➔ Encouraging students to compliment others makes them feel good and like they're part of something important.
- ➔ Kids feel connected as they quietly work together to ensure they're not found out.
- ➔ Loved by students around the world who are eager to participate again!



I actually printed all of these bookmarks and stapled them to a bulletin board.

The students pulled them off and shared them with someone else in the class. They were gone in a few minutes and they wanted to continue it for the rest of the week. Such an important topic! Thank you.

Joanne - 4th Grade



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Amazing Learning Experience

- ➔ Boosts confidence and participation.
- ➔ Helps students understand their ability to make a difference.
- ➔ Encourages discussions around giving compliments to make others feel good.
- ➔ Helps visual learners absorb positive messages to change negative mindsets.
- ➔ Feel-good emotions encourage kids to continue to compliment others.



My class loves to show support for each other and this helped them to continue with that in a tangible way that they need at this age.

Susan - 1st Grade



Pre-Colored Bookmarks

- ➔ Wonderful gifts for teachers to give or incentives for students to do their best.
- ➔ A lovely inclusion in an end of year or back to school letter or Christmas card to compliment students.
 - ➔ Impactful recognition of kind and caring behavior
- ➔ Bookmarks can be given to groups to discuss the quotes or use as a writing prompt.
- ➔ Make a colorful display of compliments to motivate kind actions.



On World Compliment Day I sent these to my students and other students in the school.

They loved them.

Michele - 2nd, 3rd Grade



➔ 51 bookmark designs with space for names





Why it's important for kids to learn to compliment

It's always nice to receive a compliment and using them in your classroom is a fabulous way to boost self-esteem and confidence. Focussing on someone's special talents rather than criticizing, does a lot for their perception of themselves.

Teach your students that giving a compliment is like giving a gift. Genuine, kind, and heartfelt words that describe positive character traits are more than just warm fuzzies. Being able to recognize and acknowledge good traits in someone is an intelligence skill.

How to give a compliment

When giving a compliment, make it true, sincere and specific. Avoid complimenting appearance or clothing.

According to psychologist Nicole Beurkens, "Being complimented on appearance leads a child to believe that what others think of them is fixed, meaning that nothing they do or don't do will change how people view them."

Benefits of Coloring

Coloring can be a highly effective way of fostering physical and psychological development in children. While it's a relaxing form of self-expression that stimulates creativity it also promotes a range of benefits to nurture wellbeing.

- **Enhances fine motor development**
Coloring is an activity that helps children build the muscles in their fingers, hand and wrist which aids in manipulating small objects.
- **Improves hand-eye co-ordination**
Coloring in requires great attention to detail and precision to keep within the lines which gives children an opportunity to develop their co-ordination.

Other Ways to Use Bookmarks

Expanding this activity and including discussions around the values it promotes can deepen understanding and engagement. Here are some suggestions to make the bookmarks even more impactful:

1. Peer Compliments Circle

Activity Idea: Using the blank templates, students make their own bookmark with a nice compliment on it for their peers. These can be exchanged in a "circle of compliments" activity.

Discussion Questions: How does receiving a compliment make you feel? Why is it important to recognize and celebrate others' strengths?

Related Activity: Build 'Em Up Hotseat

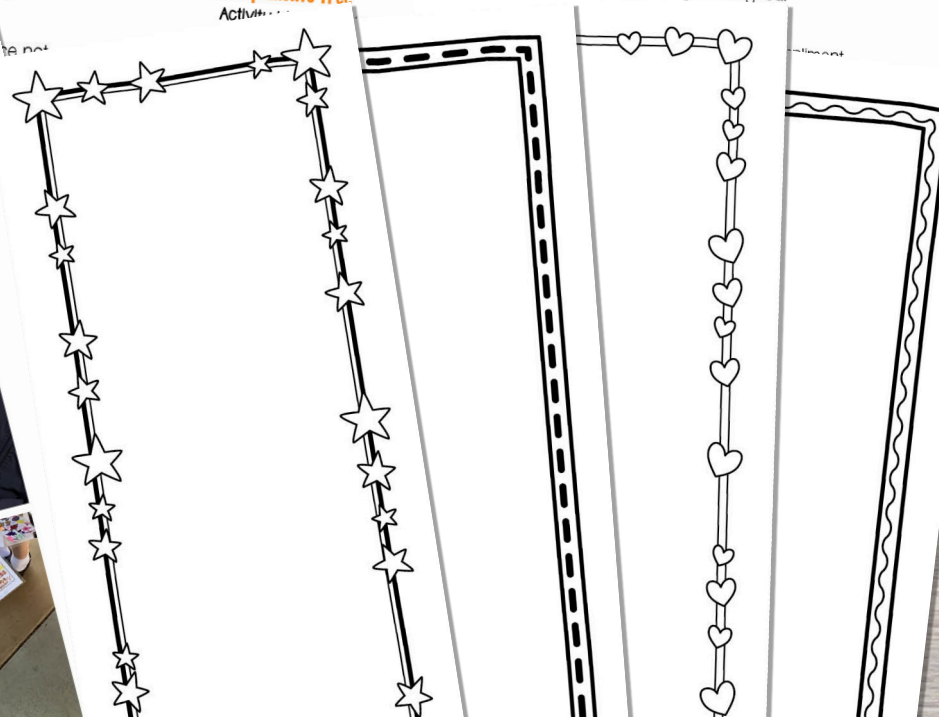
2. Compliment Bulletin Board

Activity Idea: Students make their own compliment bookmarks or color one supplied to contribute to a bulletin board. When a student is feeling down or needing a boost of confidence, send them to the board to select a bookmark.

Discussion Questions: How do compliments improve confidence and self-esteem? Can you share a time when a compliment you received made you feel good?

3. Compliments Tree

Activity Idea:



What's Included

- ➔ 57 pre-colored compliments bookmarks (3 per page)
- ➔ 72 outlined bookmarks for coloring or to print on colored card to save ink
- ➔ 9 blank templates with fun borders for kids to make their own bookmarks
- ➔ Information on the importance of giving compliments
- ➔ The benefits of using coloring activities in the classroom
- ➔ Ideas for extending the activity



These are a great resource to include in my unit for Kindness and Gratitude!!

Courtney - K, 1st, 2nd, 3rd, 4th, 5th, 6th Grades

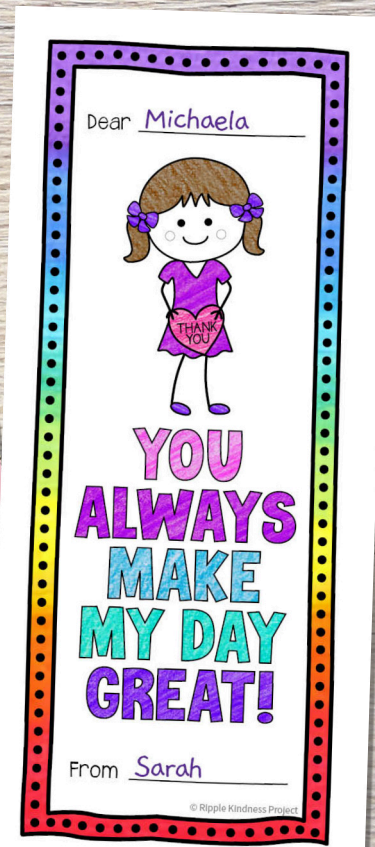




NOTE: Photos are of kindness bookmarks but the challenge is the same!



→ Giving compliments helps build a positive mindset



Social-Emotional Benefits

→ Supports Social Connections:

Collaborative kindness projects foster friendship and feelings of belonging in a caring class community.

→ Creates Positive Emotions:

Empowers students to contribute meaningfully to their community as they enjoy the feel-good emotions they experience.

→ Builds Self-Esteem:

Receiving compliments boosts self-esteem and self-belief.

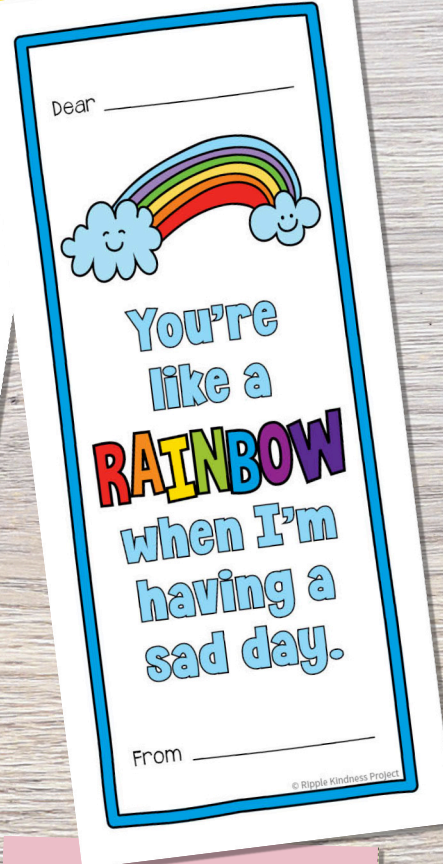
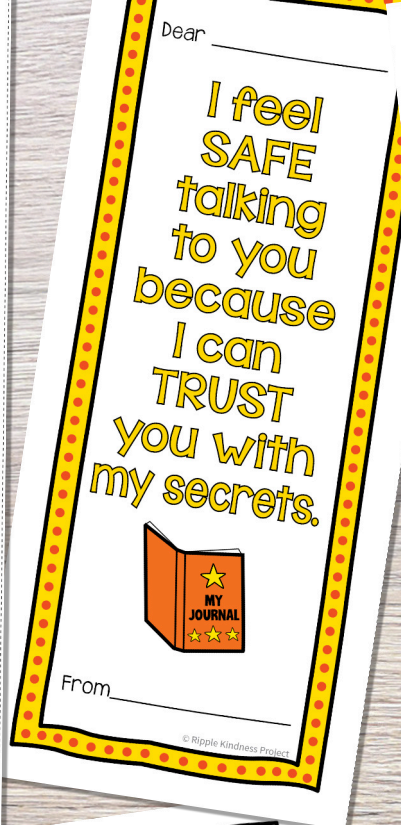
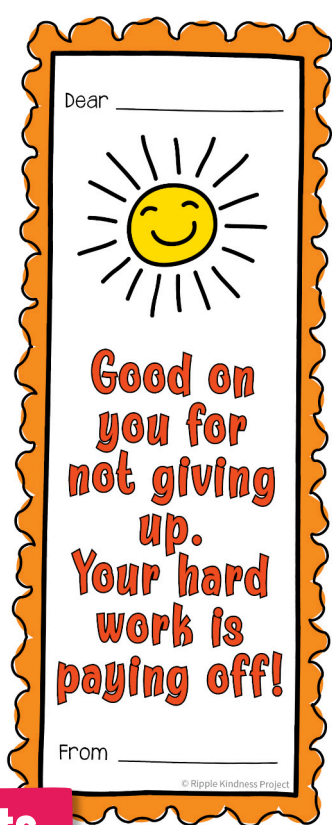
→ Boosts Confidence:

Good feelings improve student participation, collaboration, and positive behavior to enhance their school experience.

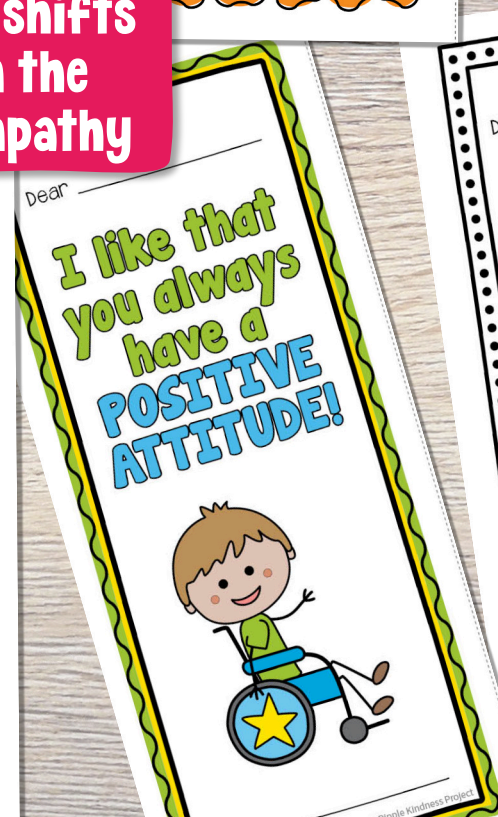
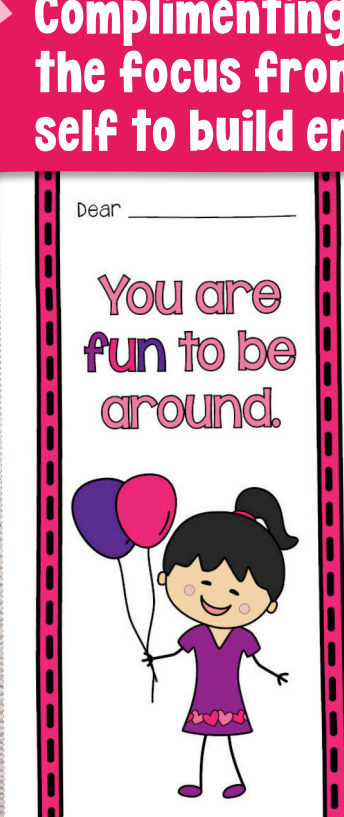
→ Enhances Wellbeing:

Coloring and the feel-good emotions experienced when giving compliments helps reduce stress, anger, and anxiety for emotional regulation.





→ Complimenting shifts the focus from the self to build empathy



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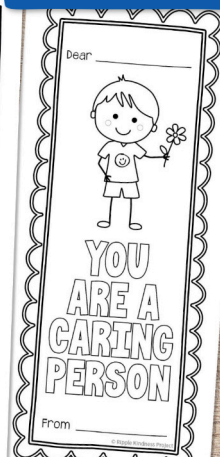
- ✓ kindness and caring for better relationships
- ✓ growth mindset through positive affirmations
- ✓ classroom community by giving compliments



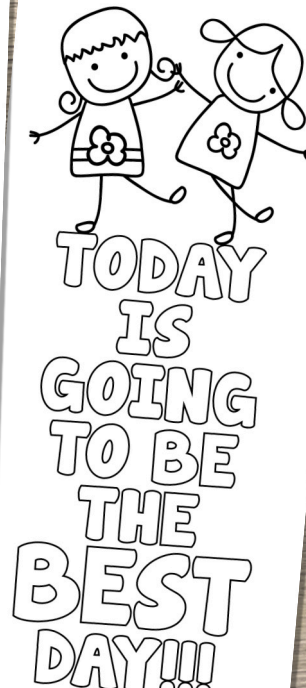
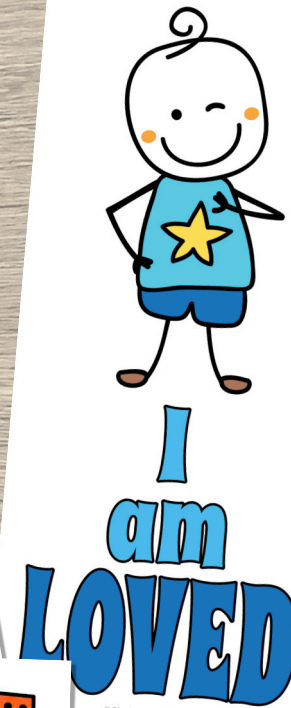
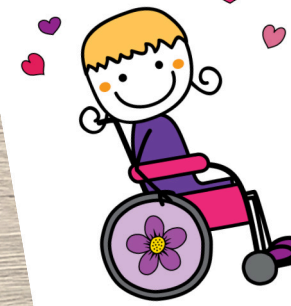
CLICK for a PREVIEW
of what's included!

Affirmations Bookmarks BUNDLE

2nd-7th



Kindness • Affirmations • Compliments




The more
KINDNESS
I give,
the more
KINDNESS

TRY TO
BE A
RAINBOW
IN
SOMEONE
ELSE'S
CLOUD.

Kindness, Affirmations
& Compliments Bookmarks
in color & outlines



Dear Michaela

**YOU
ALWAYS
MAKE
MY DAY
GREAT!**
From Sarah

You are
FUN
to be
around.



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