

Petal Power

15 mins

KS 1/2

An activity to recognise the positive impact of giving and receiving compliments from each other.

What you will need

Printed cards for each child depicting a flower with petals. (If preferred cards depicting a brick house can be used)

Pens and pencils

Method

- Everyone sits in a circle
- Explain that we often feel most happy and positive about life when we think about all the things we can do and the things we like about ourselves rather than the things we can't do or don't like.
- In small groups or as a class quickly list as many positive things as possible that we might want to include if we were listing the things we like and value about each other or ourselves.
- The list should be put up on the wall or placed on the floor in the centre of the circle to help with the next part of the activity
- Explain that this exercise will help us recognise all those nice things that our classmates see in us and the nice things we can see in them
- Each person is given a printed card. They can choose a flower or a house.
- The teacher can also have a card.
- They write their name in the middle of the flower or on the roof of the house.
- Explain that the cards will shortly be passed around, one place at a time and we will add something nice to each person's card (on the petals of the flower or bricks of the house).
- Explain we can write something we think that person is good at or something we like about them (always plays with me, kind etc.).
- Remind them to look at the list that has just been put together if it's helpful.
- The children then pass their cards to the person on their left to add another comment.
- When everyone has written something nice the cards are passed on to the next person and so on until it is full
- Volunteers could be asked to share some of the things that have been written about them,
- Highlight the positive effect hearing nice things about ourselves has on our self-esteem and our feelings of wellbeing and happiness.

