

Compliments Jar

Who do you want to cheer up?

A Compliments Jar is one way.

Number and write on sticky labels, genuine compliments about that person.

e.g. Good tall- story teller.

If a birthday gift, match the number of compliments to the person's age.

Can be a thank- you gift for a coach or neighbour.

Wrap each compliment around a lolly or small object.

Decorate an interesting jar to keep them in. (Make the top big enough to get the compliments out.)

Make a card to attach to the jar.

e.g.

When you're feeling down or blue,

Here's a compliment for you.

An Insults Jar is another option.

But not a good idea.