



## ACTIVITY 'S TITLE: Compliments for a Co-worker

**Type of activity:** interpersonal

**Number of participants:** 5-7

**Participants' academic profile(s):** secondary level

**Participants' average age:** ≥18 years old

**Duration:** 30-45 minutes

### Necessary materials:

Big yarn ball or spool.

### Aim or Purpose:

To learn to give compliments to colleagues and to accept compliments from others.

### Expected Outcomes:

Better relationship skills with co-workers, contribution to a pleasant work environment.

### Competencies that will be developed:

- To notice and name positive qualities of a person.
- Properly accept the received compliment or praise.

### Skills that will be developed:

- Ability to apply compliments, say positive things in an employment relationship.
- Ability to respond appropriately to praise, compliment in the work environment.

### Key terms / special vocabulary about / during the activity:

- Compliment.

### Preparation:

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Project implemented by:





## Activity's step-by-step description:

1. Participants stand in a circle.
2. One participant who has a ball of yarn in his hand begins the task. He tells the selected participant a positive thing about him (a compliment) and throws (passes) him a ball of yarn. Passing the ball, the participant unwinds it by holding the tip of the yarn in his hand.
3. The participant thanks for the compliment. Then he says a compliment to another selected participant and, holding the thread with one hand, with another hand he throws the ball to the other participant, thus unwinding the ball.
4. The steps are repeated until each participant receives the ball.
5. The last participant who received the ball and a compliment, thanks and compliments the participant who threw the ball to him. He passes the ball of yarn back to this participant by wrapping it.
6. The steps are then repeated by winding and passing the ball of yarn to the participants in reverse order until the rolled ball of yarn reaches the participant who started the task.
7. Discuss in a group with the moderator how to properly say a compliment at work, how to respond appropriately to a compliment at work. Provide an example from the work environment.

## Recommendations (How to use the tool/resource)

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## Evaluation:

The facilitator could ask a few follow-up questions in order to assess the activity's results:

- What did you learn during the activity?
- Have you discovered anything new?

Project implemented by:





**Final observations and methodological recommendations towards the activity's implementation (do's and don'ts):**

NA

Project implemented by:

