

“Level Up” in Character!

Self-Respect

Pride and belief in oneself and in achievement of one’s potential

“Catch the Compliment”

"Catch the Compliment" is a self-esteem boosting game designed to help you think positively about yourself and others. It demonstrates how being loved simply for who you are is what truly matters, and that one's value is NOT dependent on meeting the expectations of others.

The easy-to-learn game can be played with people of all ages. All you need is yourself, and as many other people you wish to involve.

What You Need

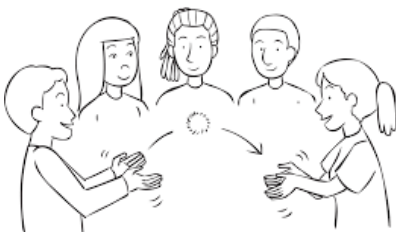
- An indoor or outdoor play space large enough to accommodate the players (make sure no breakables are nearby)
- Soft, lightweight balls (various sizes—e.g., beach balls, foam balls, playground balls)

How to Play

1. Gather the players into a circle.
2. Players take turns tossing one ball to different players in the circle. As each toss is made, the tossing player gives the receiving player a compliment.
3. The receiving player then tosses the ball to someone else, again, giving a compliment as the ball is released.
4. If desired, gradually add more balls as play continues. This will increase the pace and the level of challenge to players as they try to think of compliments to give.

At the end of the game, take time to ask players what the hardest, easiest, and funniest aspects of the game were for them. Ask players to explain what they had to do to be successful at the game. You will find that listening, looking, thinking, and other skills will be mentioned.

Remember “Put Ups” are better than “Put Downs”!



#GAMEON