

# National Compliment Day

## 1) Warm-up activity: "Find someone who ..."

1. Move around the classroom and speak to as many different classmates as possible.
2. Ask questions to find someone who matches each statement.
3. Write down their name and a short note.
4. Ask at least one follow-up question.
5. After each conversation, give a compliment.
6. After the activity, report some achievements to the class.

**Info box:** National Compliment Day is celebrated in the USA every year on January 24<sup>th</sup>. It's a fun and positive day that encourages people to give genuine compliments to others, whether friends, family, classmates, or even strangers. The aim is to spread kindness and make people feel appreciated.

The idea behind this day is simple: saying something nice to someone can boost their confidence and happiness. Research has shown that receiving praise or positive feedback can even activate the same "feel-good" parts of the brain as a small reward.

National Compliment Day reminds us that kind words matter, and that a simple compliment can be one of the easiest and most meaningful ways to make the world a little brighter. 😊

Find someone who has ...	Name	Extra information
... achieved a personal goal after working hard.		
... done something they didn't know they could do.		
... helped someone in a meaningful way.		
... completed a difficult long-term project.		
... learned a skill that required a lot of practice.		
... overcome a serious challenge or setback.		
... done something create that received positive feedback.		
... taken a risk that led to a positive result.		
... already given a compliment today.		

### Useful follow-up question starters:

- What exactly did you do?
- What made it difficult or challenging?
- How did you manage to succeed?
- What did you learn from the experience?

### Useful language for giving compliments:

- That's really impressive.
- You did a great job.
- You should be proud of yourself.
- That sounds like a big achievement.
- I really admire your determination.
- That must have taken a lot of effort.
- Not everyone would have managed that.
- It's impressive how you handled that situation.
- That shows real commitment.

## 2) Listening task:

### a) Pre-listening: Think – pair – share

- 1. Think:** Take one to two minutes to think about the following questions on your own. Write down your ideas.
- 2. Pair:** Turn to a partner and share your thoughts. Listen carefully to each other and ask questions if needed.
- 3. Share:** Together, decide on one main idea or interesting point and share it with the whole class.

#### Questions:

- How are compliments used in your culture? Consider your family, friends, classmates, or any groups you belong to. How often do people give compliments in these settings?
- Do you feel more comfortable giving or accepting compliments? Why do you think that is?
- What is your opinion on compliments that seem polite but insincere?
- Do you see them as meaningful or just a routine part of conversation?
- What is your favourite way to start a conversation?

### b) Listening: Standardised test format: Four words completion

You are going to listen to the episode “How to Give and Receive Compliments” from the podcast *So psyched!* hosted by a psychologist giving lifestyle tips. While listening, answer the questions (1-7) using a maximum of four words. The first one (0) has been done for you.

0 What upcoming day does the podcast mention?

National Compliment Day

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1 How do many people feel when receiving compliments?

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2 What can denying compliments shut down?

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3 What is the first step when receiving a compliment?

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4 What short phrase is enough as a response?

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5 Instead of not meaning what you say, what should a compliment always be?

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6 What can a compliment help start?

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7 What is part of the challenge for this week?

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### 3) Writing task: Writing a blog comment

You have just read the following blog post:

By fedup453

Compliments are meaningless. People don't really mean them, and it's a waste of time listening to them. I don't understand why anyone bothers giving or receiving compliments anymore. We should just cut all the niceties and get straight with each other. No more "I love your sweater!" and similar lies!

Don't you agree?

You have decided to comment on this blog post. In your blog comment you should

- Disagree politely.
- Explain your reasons.
- Describe your experiences with giving and receiving compliments.

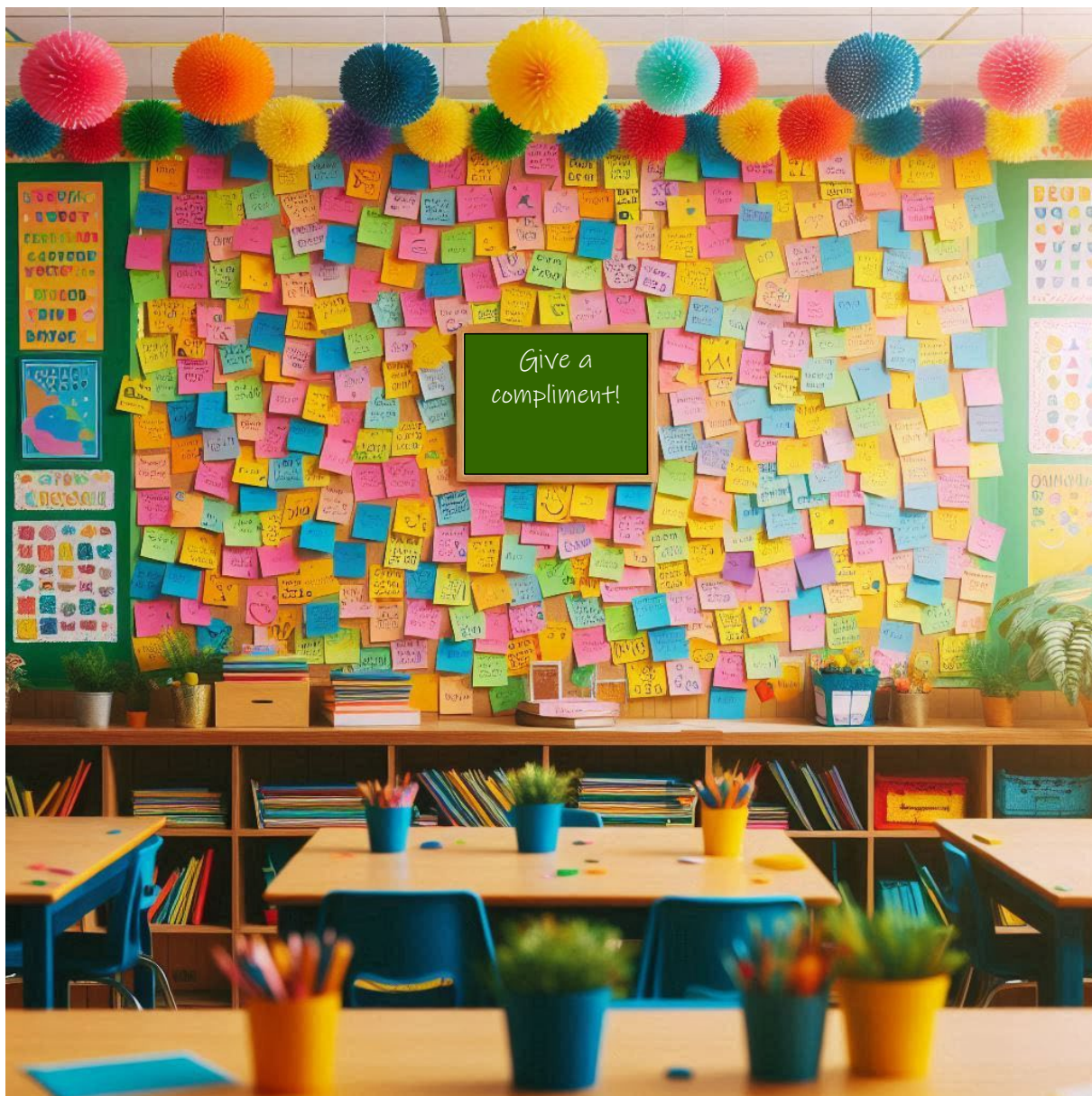
You should write 250 words.

#### 4) Creative task: Creating a compliment wall “Post-its of praise”

Get inspired by National Compliment Day and create a compliment wall in the classroom. You will need a large poster and many post-it notes. First, agree on whether you want the compliments to be anonymous or you’d rather include the name of the person giving them.

Then it’s easy: write the name of the person you want to compliment and the compliment itself on a post-it, and stick it on the wall.

Remember: a compliment should be specific, honest, and short. You can continue to add to the wall over time.



(Generated with Bing Image Creator, adapted)

## National Compliment Day: Key

### Audioscript: Podcast episode

Hello and welcome back to the show. This is your host, Judy, your everyday psychologist. I'm glad you're here. Today we're talking about something small, simple ... and surprisingly difficult for many of us: compliments.

And the timing couldn't be better, because National Compliment Day is coming up. So this is the perfect moment to think about how we *give* compliments. And maybe even more importantly, how we *receive* them.

Many people assume that accepting a compliment should be the easiest thing in the world. But for a lot of us, it's actually uncomfortable. We brush it off, we make a joke, we deny what was said ... or we change the subject entirely. Sound familiar?

So let's explore why this happens, what our minds tend to do in those moments, and how we can respond to compliments in a healthier, more confident, and more connected way.

### Why accepting compliments feels so hard

When someone compliments us, our work, our personality, even our outfit, it's meant as a small moment of connection. But inside, a lot of automatic thoughts get in the way:

- "They don't really mean it."
- "They're just being polite."
- "If I say thank you, I'll sound arrogant."
- "This is embarrassing. Let's change the subject."

These thoughts are incredibly common, but they're not very helpful. And often, they're old habits rooted in self-doubt or fear of seeming full of ourselves.

But here's the thing: when you dismiss a compliment, you're not only shutting down kindness, you're also denying yourself a chance to build your own confidence.

### How to receive compliments more confidently

So let's talk about what a healthy response actually looks like. It's simpler than you might think.

#### Step 1: Pause and listen.

Let the words land. Don't rush past them.

#### Step 2: Make gentle eye contact and smile.

This signals openness and warmth.

#### Step 3: Say "Thank you."

That's it. You don't need to justify it, explain it, or offer a compliment in return just to "balance" the moment.

Accepting a compliment doesn't make you vain. It makes you human.

And it makes the other person feel good, too. After all, giving a compliment is an act of generosity.

When we allow ourselves to receive these small moments of positive feedback, we slowly teach our brains something important: *Maybe the nice things people say about me are actually true.*

### Giving compliments and why it matters

Now let's flip to the other side. Giving compliments is just as powerful.

A good compliment shows that you're paying attention, that you appreciate something about another person, and that you're confident enough to express it. People naturally feel drawn to those who are generous with their kindness.

Here are a few tips:

- Be specific.  
"Your presentation was so clear and organised" is more meaningful than "Good job."
- Be sincere.  
People can sense when you don't mean it.
- Keep it short.  
A sentence or two is plenty.
- Use your compliment to spark conversation.  
For example: "I really like that jacket! Where did you find it?"  
It shows interest and keeps things flowing naturally.

And most importantly: don't overthink it. If something positive comes to mind, say it.

### **A challenge for National Compliment Day**

So here's your gentle challenge for this week:

Give one sincere compliment. And receive one without deflecting.

When someone says something kind, try simply:

"Thank you. That means a lot."

See how it feels.

Notice what comes up.

You might be surprised by how much these small exchanges can boost not only your own self-esteem, but the mood of everyone around you.

Thank you for spending this time with me today. I hope you'll try out these tools and celebrate National Compliment Day with a little more intentionality and kindness. Until next time, take care!

### **b) Listening: Standardised test format: Four words completion**

#### **0 What upcoming day does the podcast mention?**

National Compliment Day

#### **1 How do many people feel when receiving compliments?**

uncomfortable/awkward

#### **2 What can denying compliments shut down?**

positive social connection

#### **3 What is the first step when receiving a compliment?**

pause and listen

#### **4 What short phrase is enough as a response?**

"Thank you"/"Thanks"/"Thanks so much"

#### **5 Instead of not meaning what you say, what should a compliment always be?**

sincere/honest/authentic/genuine

#### **6 What can a compliment help start?**

a conversation/chat

#### **7 What is part of the challenge for this week?**

give/receive a compliment