

STOP AND THINK SOCIAL SKILLS

Giving and Accepting Compliments (grades 2 - 5)

Rewarding Yourself (grades K - 1)

Use the Stop and Think language at home with your children to help reinforce the steps of giving and accepting compliments and rewarding yourself.

Step 1: Stop and Think.

Step 2: Am I going to make a good choice or a bad choice? A good choice!

Step 3: What are my choices or steps?

Rewarding Yourself:

- a. **Look** at or **think** about the good thing that you did.
- b. **Smile** (to and for yourself).
- c. **Say** to yourself, "I did a great job. Good for me."

Giving Compliments:

- a. **Decide** what you like about the person you want to compliment.
- b. **Think** about what you want to say.
- c. **Rehearse** the compliment in your mind.
- d. **Choose** a good time and place.
- e. **Go** up to the person and **make** eye contact.
- f. **Give** your compliment in a friendly way.

Accepting Compliments:

- a. **Make** eye contact with the person.
- b. **Use** your Listening skill, and **think** about what the person has said.
- c. **Decide** if the person complimented you (said something nice about you or something that you did).
- d. **Say**, "Thank You" for the compliment.

Step 4: Just do it!

Step 5: Good job!

**Information taken from The Stop and Think Social Skills Program developed by Dr. Howard M. Knoff