

# COMPLIMENT CAMPAIGN



## PURPOSE:

### Why?

Did you know that research has shown that receiving a compliment can enhance performance, social interaction, positivity in relationships and increase general happiness!? Time to dole out the compliments with our Compliment Campaign!

## HOW TO:

### Materials & Budget

- Individual Club Activity:
  - Polaroid Camera (\$50-100 or free if you borrow from someone)
  - Film (\$30 for 40 on Amazon)
  - Poster board (\$5-10)
  - Sharpies & tape (\$10 or free if you can use school materials)
- School-Wide Activity
  - Pack of postcards or index cards (\$10-30 depending on how many participants)
  - Colored markers or pens (\$5-10 or free if you can use school materials)
  - QR code flyers linked to the Google form
  - A lot of volunteers to help write out the compliments!

### Instructions

- Individual Club Activity
  - Take a picture of all the members in your club with the Polaroid camera.
  - Tape the pictures onto the poster board
  - Write out compliments next to everyone's picture with a Sharpie!
  - If you don't have a Polaroid camera, you can also just write out everyone's names instead of taking a picture!
- School-Wide Activity
  - Create a Google form that asks your name, the recipient of the compliment, and a section for them to write the compliment.
  - Turn Google form into a QR code, and post this QR code on a flyer around school.
  - After a week, close the Google form and gather a group of volunteers to write down the compliments on the postcards.
  - Distribute compliments to the classrooms.

## Timeline

For the Individual Club Activity, you will need 1 week to plan and shop and 30-60 minutes for the actual activity. For the School-Wide Activity, it should take around 3 weeks of prep and execution. You will need 1 week or less to get all the materials and create the QR code, 1 week to gather all the compliments, and a couple of days to write out the compliments and distribute them.

## Impact

This activity is great for club meetings as it is a great way to get close with the members of your club. However, executing the Compliment Campaign activity on a larger scale will help engage and bring a lot of positivity to the entire school-wide community.

## Example(s)

Individual example from Hart High School  
BC2M!



School-Wide example from NEST+m High  
School BC2M!



Post photos from this activity to your club  
Instagram and tag @bc2mhighschool

