**Give Compliment Cards**

**YOU WILL NEED:**
- A4 sheet of card or paper
- Coloured pencils and pens
- Scissors

A compliment is an expression of admiration or praise towards someone. Think about what you feel when someone says something nice to you. It feels good, doesn’t it?

However, often we notice or appreciate positive qualities about another person but don’t tell them. Making and giving compliment cards is a good way of helping another person to feel good!

**HOW TO DO IT:**
1. Divide your sheet of card or paper into 12 equal-sized boxes (to make 12 compliment cards).
2. Decide on what compliments you want to give out, such as “I love your smile!”; “You’re amazing!”; “You’re a great sister!”.
3. Write your compliments onto your cards (you can use the same words on several cards).
4. Decorate your cards so that they are colourful.
5. Cut the cards out.
6. Give them to the people you want to compliment.
7. If you feel brave, say the compliment to them as you give them the card.
8. You may want to keep some cards in your pocket, ready to give when you spot someone you want to give a compliment to!

**Make a Friendship Scrapbook**

**YOU WILL NEED:**
- A scrapbook, empty photo album or notebook. Or you could make your own by gathering several sheets of card or paper, making holes with a hole punch and tying the pages together with string or a ribbon.
- Scissors
- Glue or sticky tape
- Paint or coloured pens
- Stickers, glitter etc. to decorate

Create and fill a friendship scrapbook to give to one of your friends or someone else you care about, to remind them of the good times you’ve shared together.

**HOW TO DO IT:**
1. Find a selection of photos of you and your friend, things that you both like, places you’ve been or want to go, or things that mean something to you both. You could also gather pictures from magazines, tickets and any souvenirs.
2. Glue or tape the photos and pictures onto the pages of your scrapbook.
3. You could paint or draw pictures as well.
4. Put the name of your friend on the front of the scrapbook.
5. To make it extra special, decorate the cover with stickers, glitter, or whatever you fancy.