



## AMBASSADOR ACTIVITIES

### Secret Compliments – Virtual

*This is similar to a secret santa gift exchange, but participants will be giving compliments instead of gifts. It is great to use alone or after doing the Toothpaste Challenge and/or Wrinkled Heart activities.*

#### HOW TO

##### Virtual

This activity needs to begin the meeting prior to when compliments will be shared.

1. Prepare a numbered list of participants name that repeats each name (2 separate entries for each participant).
2. Have participants randomly select 2 numbers. Be sure they do not get their own name or get the same name twice.
3. Tell participants you will be sending them 2 names and that they need to email you a compliment specific to each person before the next meeting.
4. Compile the list of compliments.
5. Read the compliments aloud to all participants at the next meeting. Encourage participants to write down what was said about them.
6. Ask students to share how it felt to write anonymous compliments for someone else and how it felt to receive them.



#### ITEMS NEEDED

(Per participant)

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##### Virtual

1. A numbered list of all participants names, repeating each name twice