

Chain of Compliments

I

Instructions: Read each compliment. Then, fill in the blanks with a name and/or skill to make it a complete sentence. Do you have other compliments you'd like to make? Use the last two blank lines to write your own original compliments. Then, cut along the dotted lines and attach the ends together to make a paper chain.

	is very good at	
When I need to	, I can ask	for help.
	is the best at	• I
makes me happy when		

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Personal Health Series
Self-Esteem

Name:

Date:

Instructions: Give yourself some compliments! Write or draw pictures of 5 things you're good at or love to do in the star

