



Give a High Five

Description

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Students create handprints with praise, words of encouragement, and compliments for others.

Supplies

- Construction paper
- Chart paper or white board
- Large permanent marker or dry erase marker (if using white board)
- Markers, colored pencils, crayons, and pencils
- [Printable handprints \(optional\)](#)

How to Play

1. Ask students what a compliment is, why compliments are important, and how receiving a compliment makes them feel.
2. Elaborate on how compliments and kind words make people feel happy and proud of themselves and usually brighten their day!
3. Explain to students that the goal today is to make people who are close to us feel appreciated with high fives!
4. Tell the group that the first step is to brainstorm some words or phrases that would brighten people's day. This can be general words of encouragement, specific praise, or appreciation.
5. Have students share some positive phrases and write them up at the front for everyone to be able to see and reference
6. If students are having a hard time coming up with praise you can help guide them with these ideas:
 - "Thank you for being you."

- “I love your hugs.”
 - “Thank you for always cheering me up.”
 - “You’re a great friend to have,” etc.
7. Hand out a piece of construction paper for each student and have them trace their hand.
 8. Instruct students to think of a specific person they would like to give a high five to and write that person’s name in the middle, the palm of the hand.
 9. Then have them think of something nice to say to that person to give them a compliment and have them write it somewhere on the hand. Students can use an example from earlier, but should be encouraged to think specifically about the person they are making the high five for and why they want to praise them.
 10. When complete, students can cut out their hand and continue working on another one (for another person) until the time is up.
 11. Encourage students to give their high fives to the people they wrote them for.

Activity Prompts for Reflection

- What emotion do you think people will feel when they get their high five? *Challenge the group to think of more complex words like elated, cheerful, excited, merry, exuberant, joyful.*
- What are other kind things we could do to brighten peoples’ day?
- Who would like to give a compliment to someone in our group? *Try to get students to think beyond complimenting physical attributes or clothes.*
- Can someone share a time that someone did something kind for them? How did it make you feel?

Other Ways to Play

- If having a hard time writing, students can draw pictures or add stickers to their high fives (Ex: heart, sunshine, smiley face)
- Pair students up to help trace one another’s hands or use the attached large handprints to give students more room to write and decorate.
- Teach students how to give a proper handshake so that when they are passing out the high fives they are able to practice this.
- Pair students together to have them brainstorm positive phrases with each other and then have both come to the front to write their ideas for everyone to see.
- Challenge students to make at least two hand prints; one for a family member and one for a friend.
- Give students parts of a newspaper or magazine and have them cut out different words or phrases to put on their high five.

Additional Notes

- If cutting is difficult, the leader might want to pre-cut a bunch of hand prints on different colored paper and just allow the time for students to write and decorate. Or use these [templates](#).
- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Downloads

[High Five Handprints](#)

Category

1. Activities
2. Relationship Skills

Sel-competency

1. Relationship Skills

Allotted-time

1. 30 minutes

Themes

1. Feedback