



## Giving and Receiving Feedback

### Materials:

- Worksheet

### Brainstorm

Ask students to think about a time someone made comments about something they wore, said, or did. How did it make them feel? Call on student volunteers to share their experiences if they feel comfortable doing so.

### Discuss

As a teacher, I frequently have to give students feedback. Sometimes that isn't easy for me, but I know I have to do it to help my students. I also receive feedback from my colleagues, the principal, and my family. This also isn't always easy for me, but I know they're giving me advice to help make me better. Poll students on how it feels to give and receive feedback. Does it make them feel more comfortable to give feedback or to receive feedback? Why?

### Dive in!

Throughout these lessons, we've learned about skills such as teamwork and healthy relationships. It's natural for people of all ages to face challenges when working with others. Today, we're going to focus on giving and receiving feedback to help build our relationships skills. **Feedback** is information or advice someone gives so you can improve. Feedback can be viewed as positive or constructive. You give someone positive feedback when they've done a good job, and constructive feedback when there are areas in which they can improve. We can all use feedback to help us improve. There are some guidelines for giving feedback:

- Feedback is helpful. Feedback isn't given to be rude or mean. It's meant to help someone improve or get better.
- Feedback is kind. Giving feedback doesn't have to be done in a mean way.
- Feedback is honest. Giving someone praise for someone that wasn't done especially well doesn't help anyone. Be genuine with your feedback.
- Feedback is specific. Generic statements like "this doesn't work" or "good job" don't do anyone any favors. Be precise and specific with your feedback.



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- Feedback is actionable. This means you're giving feedback on something that a person can actually improve or change.

When we receive feedback, it's important to remember that the person giving it wants to help you, not hurt you. Take a few deep breaths. Listen to the feedback. Thank the person for giving the feedback (remember, it's not easy giving feedback - especially to someone that you are close with!). Then, take some time to process it. You might think that the feedback is wrong. Or, you might think that it's accurate and want to fix it. Or, you might think it's right, but be unsure how to resolve the issue.

### Activity

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### Reflect

As students verbally how it felt to give and receive feedback and if this activity has helped them to look at giving and receiving feedback in a more favorable way.

### Professional Development

Do you provide enough feedback (praise and constructive) to students in your classroom?

**Optional Home Connection** → Challenge students to practice providing feedback with a friend or family member and consider sending the following information to students' family members via text: Today your student learned about giving and receiving feedback. Have you praised your student today?

### For Further Study:

- EdSurge: *5 Ways to Make Peer Feedback Effective in Your Classroom*:  
<https://www.edsurge.com/news/2018-02-12-five-ways-to-make-peer-feedback-effective-in-your-classroom>



## High School

- Edutopia: *How to Teach Students to Give Peer Feedback*:  
<https://www.edutopia.org/article/teaching-students-give-peer-feedback>
- KQED: *Developing Students' Ability to Give and Take Effective Feedback*:  
<https://www.kqed.org/mindshift/49243/developing-students-ability-to-give-and-take-effective-feedback>