



## Honor

**HONOR** means to hold someone or something in high regard. It is the utmost respect and admiration.

### Activity 1

Explain to your child that **HONOR** is respect and admiration shown to something or someone. Help your child understand the importance of showing honor towards the elderly. Have your child write notes or draw pictures honoring an elderly relative such as: grandparents, aunts, uncles, cousins, etc. If possible, help your child deliver or mail them.

### Activity 2

Together with your child, discuss ways to show honor towards family members and extended family members. Explain that one way could be to create an "Honor Wall." Using a poster board or sheets of paper, make an "Honor Wall" by helping your child post favorite photos of these family members and themselves doing activities together. If possible, have your child write a caption for each photo describing the person in it. Ask your child to tell you in his or her own words what it means to live with honor.

### Activity 3

Consider sharing the following situation with your child to help convey the meaning of honor: ***A group of airmen were captured during the Vietnam War and were kept in horrible prisons for 8 long years. The men that were in prison chose the motto: "Return With Honor" to help them to do their best and help each other be strong, until they were freed.*** Discuss with your child what it means to "Return with Honor" (doing your best even if no one is looking, being honest, treating others respectfully, being reliable, etc.) Make a small sign with the words: ***"Return with Honor"*** and put it on your door where family members can see it as they leave the house. Encourage your child to make good choices so that he or she can ***"Return with Honor"*** at the end of each day.

### Activity 4

Teach your child about the *Tomb of the Unknown Soldier* in the Arlington National Cemetery in Virginia, where the remains of a few unknown soldiers from different wars are guarded 24 hours a day, 365 days a year. Explain to your child that the tomb guards are part of a dedicated ***"Honor Guard"*** that take turns walking back and forth in front of the tomb as a way to honor the fallen soldiers. Talk with your child about the service rendered and sacrifices made by the men and women in the military to keep us safe and free.

### Activity 5

Help your child identify special days during the year designated to honor certain people and events. Make a list of his or her favorite holidays and celebrations and talk about why and how the people are being honored. (Grandparent's Day, Mother's Day, Father's Day, Veteran's Day, President's Day, etc.) Plan your own celebration to honor someone in your family.