



Respect

RESPECT means treating others as you want to be treated.

RESPECT means recognizing the value of all people, property and the environment.

Activity 1

Review the meaning of the word of respect. Make a chart with two headings: *"What does respectful behavior look/sound like?"* / *"What does disrespectful behavior look/sound like?"* Think of 7 words or actions that could illustrate the contrasting behaviors. (Examples: using kind language/calling someone names, waiting your turn/cutting in line, etc.) Include important ways to show respect for family members such as doing chores, apologizing, not using cruel nicknames, respecting another person's belongings, etc. Talk about how it feels to treat others, and be treated, respectfully. Interpret what it means to "Walk a mile in someone else's shoes." Encourage all family members to give thumbs up when respect is observed.

Activity 2

Explain to your child that respect means showing courtesy to others. Discuss with your child America's first president, George Washington, who was very polite and respectful. Explain how when he was a young teenager, he copied 110 "Rules of Civility" which outlined how to act politely in public. A modern interpretation of his first rule could be written: *"Treat everyone with respect."* Tell your child that Washington was courteous and respectful to others and received respect in return. Discuss why individuals who treat other people with respect are given respect by others. Emphasize that when one shows respect it is easier for them to gain respect.

Activity 3

Tell your child about a person you respect and why. Ask your child his or her opinion about your choice. Discuss ways to show respect for others. (Examples could include using table manners, opening a door for someone, etc.) Explain that respect means showing consideration for places and things too, such as property and the environment. Talk with your child about a pet or a favorite possession. Ask how he or she would feel if it was damaged or lost.

Ask how respect is shown for the people and things we love? (Take care of them, protect them, etc.)

Ask your child how he or she shows respect for the environment. (Not littering, planting trees, etc.) Encourage your child to value all people, property and the environment.

Activity 4

Write the following words on a slip of paper to use

in a "Guess What I'm Saying" game with your child. (Angry, Happy, Sad, Surprised, Afraid, Sleepy, Interested, Bored, Worried, I Love You). Put the slips of paper in a bowl. Ask your child to pull out a slip of paper, read the word silently, and then use "body language" (actions, but no words) to illustrate the meaning of the word. If possible, have other family members join the game and try to guess what your child is "saying" through body language. Teach your child that respect is shown with both words and actions. Encourage him or her to be aware of verbal and nonverbal ways to show respect for others.

Activity 5

Discuss the meaning of the word **RESPECT**. Explain that respect means treating others as you want to be treated. Talk to your child about the importance of respecting oneself and others. Together make a list of synonyms (words that mean the same) for the word respect. Encourage your child to demonstrate these words by his or her actions.