

Self Respect

SELF RESPECT means that you recognize that you are important and have value.

LESSON 1

Read the meaning of **SELF- RESPECT**. Explain to students how important it is to be proud of themselves for the good things they do. Brainstorm with students about good things they do that make them feel proud. (Ex: play baseball well, catch well, reciting a poem, reading a story, etc.) As time allows, have students draw a picture of them doing something they do well. Display pictures in the classroom if space is available.

***School/Home Link** Ask students to draw a picture at home to share with a family member showing themselves doing something they feel they do well.*

LESSON 2

Review the meaning of **SELF-RESPECT** with the class. Explain that people who have self-respect like themselves and take good care of their body and mind. Read: **I will read three statements. If the sentence shows that you respect yourself, then shout, "Hooray!" If it doesn't show self-respect, say, "No Way!"**

- 1) I eat healthy food. (Hooray!)
- 2) I will accept candy from a stranger. (No Way!)
- 3) I will do eat healthy and Exercise today. (Hooray!)
- 4) I will not wear a seat belt when riding in a car. (No Way!)

Continue with others as time allows. Tell students to watch for respectful behavior throughout the day.

***School/Home Link** Ask students to encourage family members to respect themselves and discuss how a person with self-respect acts.*

LESSON 3

Review the meaning of **SELF-RESPECT**. (Recognizing the value of one-self.) Explain how if you truly believe you are naturally valuable, you will take care of yourself and your needs. Tell students they will help "inch" their way to better self-respect behaviors by creating a "Self-Respect Caterpillar". Invite students to volunteer to stand up and state one way they take care of themselves. Some examples may include: combing hair, brushing teeth, exercising, etc. As students state a self-respecting behavior, have them stand behind each other to create a "caterpillar." Have the "Self Respect Caterpillar" inch around the classroom and encourage the other classmates to applaud for the caterpillar.

***School/Home Link** Ask students to tell a family member about the "self-respect caterpillar."*

LESSON 4

Review the meaning of **SELF-RESPECT**. Give students situations to consider and ask them to indicate with a "thumbs up" or a "thumbs down" whether the situation shows respect or not. Read: **Since self-respect is at the heart of respecting others, situations should include both self-respect and respect for others.** Read the following:

- 1) Eating healthy (thumbs up)
- 2) Returning something you borrowed (thumbs up)
- 3) Saying "thank you" and "please" (thumbs up)
- 4) Rolling your eyes when corrected by an adult (thumbs down)
- 5) Pouting or having a temper tantrum when things do not go your way (thumbs down)
- 6) Studying for an upcoming test (thumbs up).

Have students volunteer to share more examples of behaviors. Allow their peers to indicate with a "thumbs up" or "thumbs down" whether the behaviors show respect or disrespect.

***School/Home Link** Ask students to discuss with a family member ways to show respectful behaviors.*

LESSON 5

Review the meaning of **SELF- RESPECT**. Explain to students that having self-respect is important to being successful and happy. Draw a happy face and a sad face on the board. Point to each face and ask students to raise their hand when you point to the one they believe represents self-respect. As time allows, call on volunteers to tell why they believe the happy face shows self-respect.

***School/Home Link** Ask students to talk to a family member about the many ways they can take good care of themselves.*