

# 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* Tell 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. Teach the class to sing the following poem to the tune of Mary Had a Little Lamb.

*I am learning about self-respect, self-respect, self-respect.*

*I am learning about self-respect, it helps me do well in school.*

*It's important to be myself, be myself, be myself*

*It's important to be myself, and be anything I want to be.*

Have students sing the song as time allows.

*School/Home Link* Tell students to sing the song of self-respect to a family member.

## LESSON 3

Review the meaning of **SELF-RESPECT**. (Recognizing the value of oneself.) 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* Tell students to tell a family member about the "Self-Respect Caterpillar" and discuss ways children can demonstrate respecting oneself such as combing hair, brushing teeth, etc.

## LESSON 4

Review the meaning of **SELF-RESPECT**. Discuss the following quote with the class: "Respect is knowing I am unique and valuable." Talk to the children about each having strengths that they can be proud of. Explain that no two people have to have the same strengths. As time allows, have each students trace their hand and write their name on each hand. Display the handprints on a large board or paper in a circle. In the middle of the circle write: "Respect is knowing I am unique and valuable."

*School/Home Link* Tell students to talk with a family member about how they are special in their own unique way. The quote for today is: "Respect is knowing I am unique and valuable." Use specific praise with your child, encouraging his good work."

## LESSON 5

Review the meaning of **SELF- RESPECT**. (Recognizing the value of oneself.) Explain to students that having self-respect is important to be 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 that they believe represents self-respect. As time allows, call on volunteers to point to correct face and tell why they believe it shows self-respect.

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