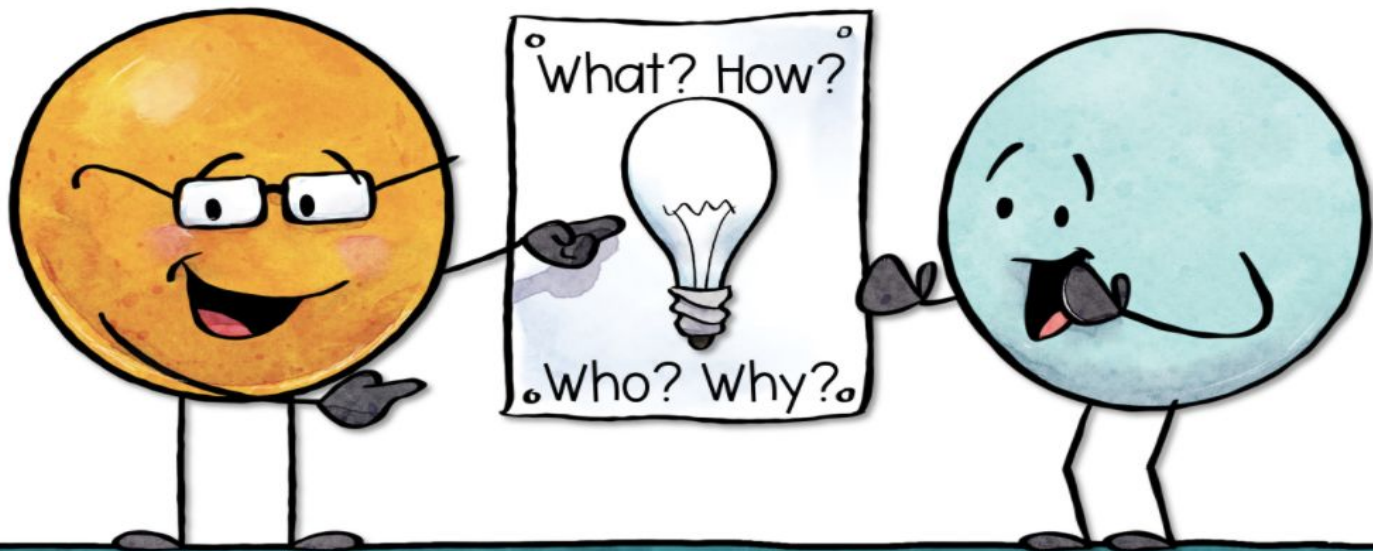


RESPECT



National Week of Respect: October 4-8, 2021

This week students & teachers will talk about:

- *Being respectful by showing others that we care about them*
- *The difference between being assertive and being disrespectful*
- *Respecting classroom rules*
- *Disagreeing respectfully*

Respect is:

- Showing that you care about someone else's feelings and well being.
- Showing that you care about your own feelings and well being.

When we show respect, we:

- Treat others the way *they* wish to be treated (with kindness, maintaining the proper distance from each other, being a good listener, including rather than excluding, sharing, compromising, etc.).
- Treat yourself with kindness by giving yourself a break if you make a mistake, eating healthy foods, getting enough sleep and exercise, etc. - doing what makes you happy!

October's THRIVE Lesson

- **Thursday October 7th all students K-5 will receive a lesson on respecting differences.**
- **Student will be able to define respect and will have an understanding of how to show respect to others**
- **Students will have an understanding of diversity and the importance of respecting all the differences among us**
- **Students will have an understanding of the role of an upstander when witnessing disrespectful or unkind behavior**



RESPECT



Feels like...

*friendliness *warmth
 *being safe *fun *happy *pride

feeling good *gladness *cheerfulness
 *awesome *being
 *cuddly responsible



Sounds like...

*friendly voices
 *talking nicely
 *good manners
 *'thank you'
 *'sorry'
 *'excuse me'
 *'please'
 *quiet voices
 *positive words
 *no yelling/shouting
 *no put downs
 *no swearing
 *happy voices
 *'come and play'
 *'Hi! How are you?'

Looks like...

*listening
 *taking turns
 *smiling
 *sharing
 *looking at the speaker
 *caring for others
 *looking after classroom
 *hands up
 *stop, look, listen
 *playing nicely
 *gentle hands
 *sitting nicely
 *treating others nicely
 *doing class jobs
 *helping
 *picking up rubbish

Week of Respect at-home Challenge

(how many can your family members do each day?)

Clean up after
yourself or someone
else

Sincerely compliment
someone

Let someone have the
last (cookie, waffle,
etc.)

Say I'm sorry if you
make a mistake

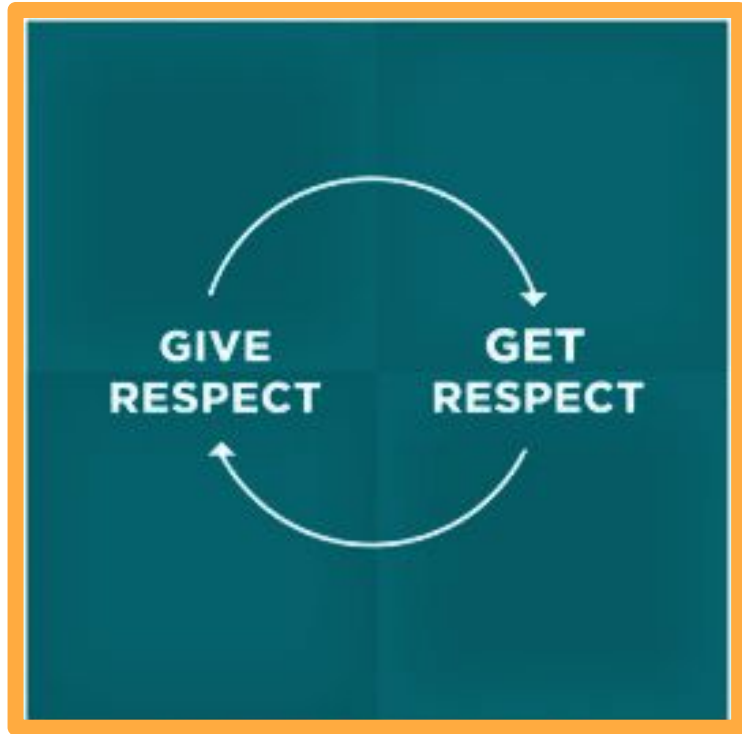
Say please when you
need something from
someone else

Try something new
with no complaints
(food, activity, etc.)

Help someone out
without being asked
(clean up, set the
dinner table, pick up
toys, walk dog, etc.)

Say thank you when
you receive something
from someone else

Ask someone about
their day



Set a goal for your family to take this challenge and then plan a fun activity to celebrate everyone's success!

Remember, if we give respect, we get respect!

Enjoy!