

# Tower of Respect

This lesson focuses on Respect for Others as it relates to cooperation, collaboration and problem solving. Students will work in small groups to create a tower. They will have to use teamwork to build their structure and incorporate kindness towards their teammates to be successful.

**Respect Sub-Concept(s)**

Self-Care, Kindness

**Lesson Timeframe**

45 minutes

**Required Materials**

- ☐ Dry Spaghetti
- ☐ Large Marshmallows
- ☐ Marshmallow Tower Pictures
- ☐ Handout

**Standards Map**

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



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AS A RECOMMENDED PROGRAM  
FOR SOCIAL AND EMOTIONAL LEARNING.  
See last page for details.

## Lesson Objective

Students will:

- Develop interpersonal skills used in conflict resolution and teamwork.
- Persevere by expending additional effort, extending timeframes, identifying alternative paths to goal achievement, and/or seeking help from others.

## Teacher Connection/Self-Care

Reach out to another teacher that you may struggle with—check in to see how they are doing this week. Respect starts with YOU.

**Tips for Diverse Learners**

- Play soft music in the background to set a calm tone and not one of competitiveness.
- Use picture cards to explain how to build a sample structure (see the handout below for ideas).



## Share

3-5 minutes

Have the students gather together in your circle time/community area. See if anyone can remember the definition of respect. *Invite students to share.*

Ask students to share one way they were able to show self-care and respect (kindness) to themselves that day. Ask students how *other* people have shown them respect today.



## Inspire

### Overview of Respect for Others

5-7 minutes

Explain that this lesson will focus on how we respect others. Our class will practice respect for others through cooperation and problem solving. When we work together and focus on a common goal; we show kindness and demonstrate respect.

- **Respect for Others:** Think about how you treat others. When you respect them and show them kindness, they enjoy your company and want to spend more time with you! (E.g., kind words/gestures, no bullying, helping others, respecting boundaries, etc.)



## Empower

20 minutes

Students will break up into groups of three and practice Respect for Others through this cooperative activity. Explain that each group will work together to build a tall, strong tower. The towers will be judged on height, how much weight it can hold, and how they were able to demonstrate respect for others during the activity. As a class, set a goal for both height and weight. Provide the following directions (they can be typed up on the interactive whiteboard with pictures if desired):

1. You will have 15 minutes to create your tower. Make sure it is sturdy as well as tall!
2. Your tower will be measured to see how tall it is. (You can set a goal, such as 3 inches.)
3. Your tower will be tested to see how sturdy it is. (Test the weight using a heavy object such as a book.)
4. Your group will be observed to see how kind you are to each other. Are you showing respect to others? Are you cooperating? Are you including all team members' ideas? Note: You may want to show examples of what this looks like. (Give one point for each positive observation.)
5. Your group will receive one point for each accomplished goal.
6. I will float around during this game to look out for respect for others.

Pass out the supplies (dried spaghetti and marshmallows) and set the timer for 15 minutes. Make sure to circulate during the activity and observe each group. You will want to make note of specific positive observations for each group to report during the provision of points.

After the time is up, test each tower and provide positive feedback on kindness, respect for others, and cooperation within each group.



## Reflect

10 minutes

Have each student draw a picture to illustrate one way they received respect from others in their group. Then have them share their answers with the group. This type of evaluation focuses less on what they perceive is the right answer and more on the kindness they experienced during the activity.

After all of the points have been tallied, consider taking a picture of each tower and labeling it with the positive group affirmations you provided. Place the pictures around the room as a concrete example of how your class demonstrates Respect for Others.



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The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the [CASEL Guide to Effective Social and Emotional Learning Programs](#).

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

## A sample structure

