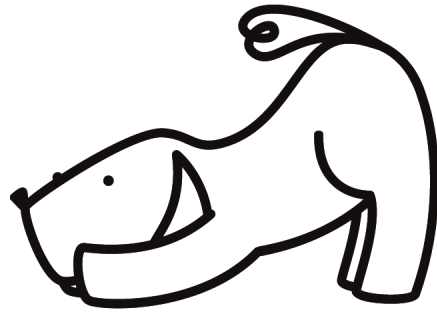


# Respect



## Sub-Concepts Covered: Self-care, Kindness

Kindness in the Classroom lessons teach kindness skills through a step-by step framework of Inspire, Empower, Act, Reflect and Share. Each lesson starts with the 'share' step to reinforce learning from previous lessons. The 'act' piece is woven into the lessons but really takes place in the projects.

Welcome to the new school year! This is our first unit out of six that we will cover this year. The focus of this Respect unit is on students learning how to respect themselves, others, and their space. Lessons will allow students to explore self care, respectful communication, and problem solving.

## Unit Objective

Students will:

- Learn how to show respect to others both in the classroom and at home.
- Demonstrate how to use respectful communication with others.
- Work respectfully during both independent and work related activities.

## Student Introduction

Welcome to our new school year! We are going to take these first few weeks to explore the concept of Respect. This means we think about how our words and actions affect our friends, our families, and anyone else we meet up with in our day. It's so important to treat others with kindness and respect, even when we might not agree with what they are saying or doing. To help us learn how to do this, we are going to explore these areas:

- Respecting ourselves, others, and our space!
- Using respectful words in our conversations!
- Practicing kind ways to problem solve during difficult times!

It's time to explore Respect!

## Unit Lessons

Lesson Title	Lesson Objectives	Materials Required
<b>Lesson 1</b> Choosing Respect	<ul style="list-style-type: none"> <li>Identify the three levels of respect exercised each day at school.</li> <li>Demonstrate concrete methods for practicing self-respect, respect for others, and respect within the school.</li> </ul>	<input type="checkbox"/> Playdough <input type="checkbox"/> Basic Art supplies
<b>Lesson 2</b> Respecting Myself	<ul style="list-style-type: none"> <li>Explain how self-respect demonstrates respect for oneself.</li> <li>Track their personal progress related to self-respect using a bar graph model. (see handout below for example)</li> </ul>	<input type="checkbox"/> Blank Bar Chart <input type="checkbox"/> Markers
<b>Lesson 3</b> Tower of Respect	<ul style="list-style-type: none"> <li>Develop interpersonal skills used in conflict resolution and teamwork.</li> <li>Persevere by expending additional effort, extending timeframes, identifying alternative paths to goal achievement, and/or seeking help from others.</li> </ul>	<input type="checkbox"/> Dry Spaghetti <input type="checkbox"/> Large Marshmallows <input type="checkbox"/> Marshmallow Tower Pictures <input type="checkbox"/> Handout
<b>Lesson 4</b> How Full is Your Bucket?	<ul style="list-style-type: none"> <li>Illustrate the concept of random acts of kindness through actively respecting themselves and others in the classroom.</li> <li>Explain what respect looks like.</li> </ul>	<input type="checkbox"/> Basic art supplies <input type="checkbox"/> Blank Bucket image <input type="checkbox"/> Blue water drops (color in sheet below) <input type="checkbox"/> "How Full is Your Bucket," by Tom Rath

## Unit Projects

Project Title	Project Overview	Materials Required
<b>Project 1</b> Filling Our Buckets with Respect	The class will create a bulletin board to encourage the expression of respect on three levels- Self-Respect, Respect for Others, and Respect for the Community.	<input type="checkbox"/> Bulletin board materials <input type="checkbox"/> Two cut-outs of the Kindness Bucket (below) <input type="checkbox"/> Sticky notes
<b>Project 2</b> Create-a-Shake	Students will show respect by creating a personalized handshake with a randomly assigned partner.	<input type="checkbox"/> Partner for each student