

# Three Rules of Respect

This is the foundational lesson in the Respect Unit and establishes an understanding of respect from a boundaries perspective as many children in this grade are new to a large classroom. This lesson can easily allow you to create the three common rules of respect: Respect yourself, Respect others, and Respect our space.

**Respect Sub-Concept(s)**

Self-Care, Kindness

**Lesson Timeframe**

45 minutes

**Required Materials**

- 2-3 Large cut outs of the following shapes: Heart, Triangle, and Circle (see handout below for option)
- Masking Tape

**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.

**Lesson Objective**

Students will:

- Designate areas within the classroom that show respect for themselves, respect for others, and respect for our space by using different shapes to denote each area.
- Explain the three different types of respect.

**Teacher Connection/Self-Care**

Self-care matters! Fill up that water bottle before your students arrive today.

**Tips for Diverse Learners**

- Review the three basic shapes for this lesson: Heart, Triangle, and Circle.
- Use large cut outs of the shapes to help identify boundaries throughout the classroom.
- Put students into small groups of three during the Respect Scavenger Hunt..



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

**Share**

5-7 minutes

Have the students gather in your circle time or community area. Ask them to share one personal item they packed in their backpacks when getting ready for school.

- Explain that every item that our class has shared is very important to that person. We need to make sure we show respect for these items by keeping them in a safe place, playing with them in a kind manner, and taking care of them as needed.



## Inspire

12-15 minutes

Explain that the most important thing in our special classroom is respect. **Respect** means *treating people, places, and things with kindness*.

Respect allows us to feel safe so we can make friends, learn, and grow as a class. Since today is our first day, we will focus on respect before anything else. That way each of us can show kindness to ourselves, to others, and for our classroom every single day.

Explain the 3 levels of respect for the classroom. Make sure you allow time for the students to identify examples if desired.

- **Personal Respect:** Respect starts with you! Showing kindness to your mind, body, and things is a great place to start. This will help you feel happy and come ready to respect others and our classroom space. We will use a **HEART** to show areas in our classroom that are **PERSONAL**. These areas and items can only be used by you. Can you think of some areas or items that are just for you? (Examples may include a backpack, desk, school supplies, bathroom if there is one in your classroom, etc.)
- **Respect for Friends:** Think about areas where we work together. How do you treat friends in these areas? When you respect them and show them kindness, they enjoy your company and want to spend more time with you! We will use a **TRIANGLE** to show areas in our classroom where we encounter **FRIENDS**. These areas are spaces where more than one person is allowed to be. (For example: centers, tables, circle time, etc.).
- **Respect for Our Classroom:** Your behavior for our classroom SPACE and the items in it also shows respect. The way you treat our space and the things we use each day can show kindness for our community. We will use a **CIRCLE** to show special **SPACES** and items in our classroom that require extra respect and kindness when we use them. (Examples may include Computer, Smart Board, games, etc.)

This framework can be used as the backbone of your classroom rules if desired.



## Empower

15-20 minutes

As you walk around the class looking for ways to show respect, tape up the shapes in the area where you will practice each type. Here are some ideas with explanations during the scavenger hunt:

1. **Respect Ourselves (Heart Shape):** Make sure to guide the class towards areas requiring personal boundaries. Although the conversation around boundaries won't happen until the next lesson, identifying areas that are PERSONAL is a great way to lay a solid foundation on the first day of school. Backpacks, coat racks, areas for personal workbooks, school supplies, and a class

## RANDOM ACTS OF KINDNESS FOUNDATION®

bathroom are all good areas to identify as a class.

2. **Respect Our Friends (Triangle Shape):** This shape was chosen because the two sides of the triangle come together and meet in the middle. As you identify areas that require cooperation, emphasize how to show kindness and respect to others during times when you are together. Examples might include circle time, larger tables, and centers.
3. **Respect Our Space (Circle Shape):** Emphasize the importance of respecting the classroom as a whole. For this activity, focus on special areas in the classroom that might be unfamiliar to students (the Interactive Whiteboard) and areas that have expensive or delicate items (such as a computer, art supplies, a classroom pet, etc.).



## Reflect

3-5 minutes

After placing all of the shapes in the different areas requiring respect, have the class reconvene in your circle time/community area.

- Create a chart using the 3 shapes using an Interactive Whiteboard or a large piece of paper. Have a column for each shape: Heart (Personal), Triangle (Friends), and Circle (Spaces). Sort all the areas that were labeled into their corresponding shape column.
- As you sort all the areas identified, review what type of respect is required and WHY. For Example: *"We placed a triangle at the block center because 4 people are allowed there. We must remember to show kindness and be respectful to each other when playing in this area. How might we do that?"*
- If time allows, brainstorm areas outside the classroom that require respect. What shape would we give these areas and why?



## Extension Ideas

- This activity can easily translate into your first day classroom rules discussion. The 3 common rules of Respect Ourselves, Our Friends, and Our Space directly correlates with this activity.



DESIGNATED BY CASEL  
AS A RECOMMENDED  
PROGRAM FOR SOCIAL  
AND EMOTIONAL  
LEARNING.

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/>