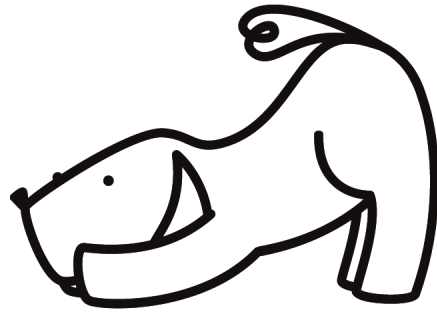


# Respect



## 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.

The Respect Unit is our first unit in a series of six. This unit focuses primarily on helping students show respect for themselves, for others, and for their learning environment. They will do this through lessons on respectful listening, on respectful communication, and on working together in teams.

## Unit Objectives

Students will:

- Learn basic ways to show kindness and respect in the classroom and learning environment.
- Identify key elements of respectful listening.
- Build healthy communication skills to use during a disagreement.
- Work effectively in teams.

## Student Introduction

Welcome to the Respect Unit! Over the next few weeks, we are going to build some superpowers around respect and kindness, which means we consider how our words and actions impact other people! Specifically, we want to be sure we are treating others with kindness and in ways that we would want others to treat us.

We are going to focus on these important areas:

- Respecting ourselves, others, and our classroom!
- Using our WHOLE body to listen respectfully!
- Practicing respectful conversations!
- And working hard in teams!

Let's get started with our First lesson!

## Unit Lessons

Lesson Title	Lesson Objectives	Materials Required
<b>Lesson 1</b> Knowing and Respecting Ourselves	<ul style="list-style-type: none"> <li>Define respect and self-respect.</li> <li>Develop a set of personal rules around self-respect.</li> </ul>	<ul style="list-style-type: none"> <li>Paper (preferably sturdy card stock) for self-respect rules</li> <li>Writing utensils - can be markers if encouraging students to draw or decorate their work</li> <li>Tape</li> </ul>
<b>Lesson 2</b> Be a Bucket Filler	<ul style="list-style-type: none"> <li>Review the definition of Respect.</li> <li>Learn what it means to be a bucket filler and a bucket dipper.</li> <li>Identify ways to treat others with respect.</li> </ul>	<ul style="list-style-type: none"> <li>"Have You Filled a Bucket Today?" by Carol McCloud</li> <li>Kindness Bucket printout (one for each student- see lesson)</li> </ul>
<b>Lesson 3</b> Knowing and Respecting Places and Things	<ul style="list-style-type: none"> <li>Understand the full definition of respect which includes treating things and places with kindness.</li> <li>Determine a concrete strategy for demonstrating respect for things and places.</li> <li>Demonstrate comprehension of a short story, connecting the unit themes to the main idea.</li> </ul>	<ul style="list-style-type: none"> <li>Respecting Places &amp; Things worksheet (below)</li> <li>"Those Shoes," by Maribeth Boelts</li> </ul>
<b>Lesson 4</b> I'm Sorry + How Can I Help?	<ul style="list-style-type: none"> <li>Review the term respect.</li> <li>Identify respectful and disrespectful behavior.</li> <li>Articulate respectful solutions to problems.</li> </ul>	<ul style="list-style-type: none"> <li>"I'm Sorry, How Can I Help" Worksheet (see lesson)</li> </ul>

## Unit Projects

Project Title	Project Overview	Materials Required
<b>Project 1</b> Tree of Respect	The class will create a tree of respect out of individual leaves that document ways they respect themselves, each other, and their school.	<ul style="list-style-type: none"> <li>Bulletin Board materials</li> <li>Colored markers</li> <li>Brown paper for trunk</li> <li>Colored paper for leaves</li> </ul>
<b>Project 2</b> Respect Role Plays	Students will work together in small groups to create role plays that illustrate different ways to respect others using scenarios provided.	<ul style="list-style-type: none"> <li>Respect Role Play Scenarios</li> </ul>