

Introduction to Love & Respect

Month: Aug.

Week #: 1

Day: b. Tues. Time: 30 min.

Respecting Yourself

Life Tree Learning Systems ©

Objectives/Aims

The students will: be introduced to the idea that they are special with inherent worth and need to treat themselves with respect.

Materials

paper & pencils

Illustration

How is the boy showing respect for himself?

Background

The extent to which we value ourselves largely determines how much we can reach out to others and the quality of that caring. A person that does not value or care about themselves is often unable to give. This is not a bragging, pride full or boastful self-valuing, but a calm acceptance that we humans were created with inherent worth and are special.



Group Activity

1. Before the activity begins, children may either draw a picture of themselves or write a description of themselves.
2. Review what the word *respect* means to the children.
3. State that all students in this class are special and deserve to be treated with respect.
4. Go around to each child and ask them to share their picture or read their description. Affirm each student for his or her unique differences. (Note: Before doing this, ask the children how they would feel if they showed their picture or read their description and someone else laughed or said something bad about it. Remember, treat others the same way you would like to be treated). A student may pass if they feel uncomfortable performing this task.

Group Discussion Questions

1. How many of you think _____ is a special person? Please raise your hands. (If not everybody raises a hand say, _____ is a very special person).
2. How many of you think _____ should treat themselves with respect?

Group Discussion Questions (continued)

3. How can _____ treat him/herself with respect?

A: Get enough sleep, eat right, exercise, not put themselves down, etc.

4. What kinds of things could _____ do that would not show him/herself respect?

A: Use courtesy, compliment, help when needed, play with, etc.

Variations/Extensions

Conclusion

Say, "Each of us is special. We all deserve, and have the right, to be treated with respect."

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Introduction to Love & Respect: Respecting Yourself



How is the boy showing respect for himself?