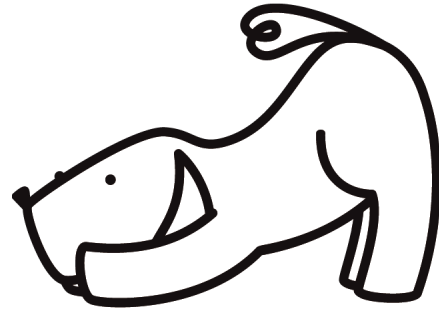


Respect



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.

In the Respect Unit, students will differentiate between emotions and feelings, and learn how to express their emotions and feelings in healthy ways that promote respect for themselves and others. They will also evaluate various situations through visual images and decide if respect or disrespect is being shown and how they could help correct a disrespectful situation. The unit promotes strategies for self-care through good decision-making and through evaluating situations for respect or disrespect from a variety of perspectives.

Unit Objective

Students will:

- Identify different emotions and explore how our emotions are influenced by others.
- Explore healthy ways to care for their own mental and emotional health.
- Identify respectful and disrespectful behavior.
- Articulate respectful solutions to problems.

Student Introduction

Welcome to the Respect Unit! While you may understand what the term “respect” means, you maybe haven’t evaluated everyday, common situations for whether or not they show respect or disrespect to you or to someone else. For example, is leaving a messy lunchroom a sign of respect or disrespect? Yes - disrespect! Afterall - *someone* has to clean up the mess you left! By not cleaning up after yourself, you are telling someone else that you don’t care about (or respect!) the extra work you have created for him or her. It is important to evaluate our everyday actions to ensure we are communicating messages of kindness and respect. It is also important to respect ourselves, which we can do through understanding our emotions and feelings and by making choices to take care of ourselves. Let’s get started with our first lesson!

- Emotions and feelings
- Self-respect and good decision making

- Evaluate common situations for signs of respect or disrespect

Unit Lessons

Lesson Title	Lesson Objectives	Materials Required
Lesson 1 From the Inside Out	<ul style="list-style-type: none"> • Identify different emotions and explore how our emotions are influenced by others. • Understand the universal nature of emotions and feelings. • Empower themselves to take control of their emotional responses. 	<ul style="list-style-type: none"> <input type="checkbox"/> Hat, bag, or box (something from which to draw emotion slips) <input type="checkbox"/> The emotions listed in Inspire, cut into strips for students to draw from some kind of container.
Lesson 2 Respecting Our (Emotional) Selves	<ul style="list-style-type: none"> • Explore healthy ways to care for their own mental and emotional health. 	<ul style="list-style-type: none"> <input type="checkbox"/> Caring for Ourselves and our Emotions worksheet <input type="checkbox"/> Writing utensil
Lesson 3 Recognizing & Restoring Respect	<ul style="list-style-type: none"> • Review the term respect. • Identify respectful and disrespectful behavior. • Articulate respectful solutions to problems. 	<ul style="list-style-type: none"> <input type="checkbox"/> Recognizing & Restoring Respect Worksheet (see lesson)
Lesson 4 I'm Sorry + How Can I Help?	<ul style="list-style-type: none"> • Review the term respect. • Identify respectful and disrespectful behavior. • Articulate respectful solutions to problems. 	<ul style="list-style-type: none"> <input type="checkbox"/> "I'm Sorry, How Can I Help" worksheet (see lesson)

Unit Projects

Project Title	Project Overview	Materials Required
Project 1 Feeling Self-Portraits	This project will allow students to attribute emotion and feeling words to colors based on art and science. Use Plutchik's Color Wheel of Emotion and Color in Motion by Claudia Cortez to help explain these color/emotion associations. If a smartboard or computers are not available, invite students to explore these websites on their own and instead hand out a color wheel worksheet (image provided below). Students will use these color designations to create a self-portrait that is colored to reflect the various emotions the student experiences.	<ul style="list-style-type: none"> <input type="checkbox"/> Art paper <input type="checkbox"/> Misc. art supplies
Project 2 Respect Scavenger Hunt	In this project, students will read local newspapers or other publications looking for stories that showcase kindness and respect for self, for others, or for places or things.	<ul style="list-style-type: none"> <input type="checkbox"/> Local publications (magazines, newspapers, newsletters, etc.) <input type="checkbox"/> Could look for publications online, too, to add a technology component <input type="checkbox"/> Respect Scavenger Hunt Worksheet