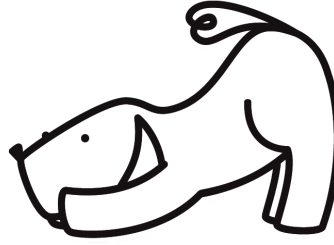


# Respect



Hello Parents and Guardians,

Welcome to Unit 1 of our Kindness in the Classroom curriculum. For the next 6 weeks we will be learning all about RESPECT. We will dedicate 30 minutes once a week for our main lesson, with a few 15 minute mini lessons sprinkled throughout our week to help your child go deeper with the concept. We will end the unit with a project that we will all work on together. Since this topic is already known by many of our students this year, we will be diving deeper as we explore the following topics:

## GOALS FOR THIS UNIT

- ✓ Understand the importance of self-respect
- ✓ Develop our skills in respect as they apply to us, others, and the school
- ✓ Expand our understanding of respect to through both interpersonal and technology-based interactions

TOPIC	QUESTIONS WE'LL BE EXPLORING	HOW YOU CAN HELP
<b>Self-Respect</b>	<ul style="list-style-type: none"><li>• How can we show ourselves respect?</li><li>• How do we treat ourselves with kindness?</li><li>• Why is self-respect needed before we can treat others respectfully?</li></ul>	Talk with your student about the importance of respecting yourself in everything you think, say, and do! Respect starts with YOU.
<b>Respect for Others</b>	<ul style="list-style-type: none"><li>• How do we treat our classmates, our family, people in the community?</li><li>• How do our words and actions affect others?</li><li>• Why do our words and actions need to align?</li></ul>	Help your student examine the connection between what you say and what you do. Discuss the conflict when your words reflect kindness, but your actions do not.
<b>Cultural Respect</b>	<ul style="list-style-type: none"><li>• How do respect our school, our home, our community at large?</li><li>• How can one person's decision to show respect change others around them?</li></ul>	Talk with your student about different ways to respect his/her community. Explore ways that your home, school, and/or neighborhood might benefit from an increase in respect. How can we help others to treat these areas with respect as well?

## TRY THIS AT HOME!

As a family, discuss how you show yourselves self-respect each day. Do your thoughts, words, and actions build yourself up or bring you down? Identify one positive self-care addition you can make on a daily basis. After one week, check back in with each other and report on how your positive change improved your attitude.

This is just the beginning! We will be working through our Kindness in the Classroom curriculum throughout the year. Please join us on this journey using this handout and the at home activity as a way to connect with your student regarding our unit concept. Feel free to contact me with any questions or comments as we move forward.

Sincerely,