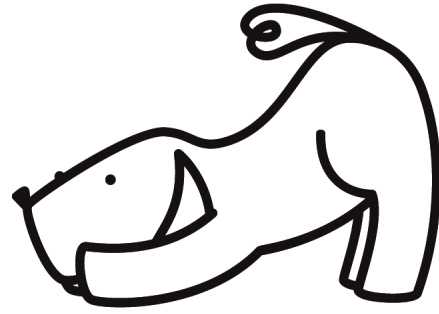


Respect



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 work through a variety of lessons that show them how to have respect for themselves, for others, and for the places where they live, play, and learn! This unit also gives students an opportunity to work on respectful communication strategies like using whole-body listening and respecting other people's ideas and beliefs, even if they are different from their own.

Unit Objective

Students will:

- Define respect and self-respect.
- Appreciate how differences make people unique and interesting.
- Determine a concrete strategy for demonstrating respect for things and places.
- Connect respect and kindness to understanding the beliefs, values, and opinions of others.

Student Introduction

Respect is a foundation of kindness! In order to be a caring, inclusive, responsible person - all units you will go through later this year - you first must have respect...respect for yourself, for others, for things, for places. Sometimes we don't know how to show respect for ourselves and for others, but don't worry! This unit will introduce you to a variety of strategies that will help you with this. You will also get an opportunity to build respectful communication skills, which is an important skill to have both now and throughout your life!

- Respecting ourselves
- Respecting others
- Respecting things and the places where we spend our time
- Respectful communication

Let's get started with our first lesson!

Unit Lessons

Lesson Title	Lesson Objectives	Materials Required
Lesson 1 Knowing and Respecting Ourselves	<ul style="list-style-type: none">● Define respect and self-respect.● Develop a set of personal rules around self-respect.	<ul style="list-style-type: none">❑ Student journals (if this is not part of your curriculum, any notebook paper would work) for self-respect ideas❑ Paper (preferably sturdy card stock) for self-respect rules❑ Writing utensils - can be markers if encouraging students to draw or decorate their work❑ Tape
Lesson 2 Knowing and Respecting Others	<ul style="list-style-type: none">● Identify the difference between a belief, a value, and an opinion.● Appreciate how our differences make us unique and interesting.● Connect respect and kindness to understanding the beliefs, values, and opinions of others.● Interview others to learn more about them and build a sense of community.	<ul style="list-style-type: none">❑ Colorado State Teachers Guide to Belief, Value, and Opinion: http://writing.colostate.edu/guides/teaching/co300man/pop12d.cfm❑ Search the Internet for a list of values and beliefs. You can share these with your students for clarification if needed.
Lesson 3 Knowing and Respecting Places and Things	<ul style="list-style-type: none">● Understand the full definition of respect which includes treating things and places with kindness.● Determine a concrete strategy for demonstrating respect for things and places.● Demonstrate comprehension of a short story, connecting the unit themes to the main idea.	<ul style="list-style-type: none">❑ Respecting Places & Things worksheet (included with Lesson 3)
Lesson 4 Communicate the RAK Way: Respectful, Assured, Kind	<ul style="list-style-type: none">● Respectfully state facts and opinions and listen to those of their peers.● Utilize body language to send messages of respect.● Engage in whole body listening.	<ul style="list-style-type: none">❑ Situation cards (included with Lesson 4)❑ Background information for whole body listening: Teaching Students Whole Body Listening * The Blue Brain Teacher

Unit Projects

Project Title	Project Overview	Materials Required
Project 1 A Respectful Debate	This project is designed to help students utilize respectful words and body language to engage in a healthy debate on a relevant topic. Students will gain skills in public speaking, research, idea formation, respectful communication, and appropriate body language.	<ul style="list-style-type: none">❑ Debate Topics: Many can be found here: https://www.timeforkids.com/g56/topics/debate/❑ Debate Strategies: Some examples include Fish Bowl, Four Corners, and Tag Team. Other debate descriptions and ground rules can be found at Education World: https://www.educationworld.com/a_lesson/lesson/lesson304b.shtml❑ Students may benefit from watching a sample debate. Search YouTube (or TeacherTube) for a sample classroom debate. One recommendation is provided in the Project document.
Project 2 Operation I Respect U	In this project, students will identify a person they respect and will either write a letter or record a video to this person, expressing what they respect and encouraging them to keep up the good work.	<ul style="list-style-type: none">❑ Letter-writing materials❑ Computers (if applicable)❑ Video equipment (if applicable)