

KINDNESS IS RESPECT



FILLING OUR **CLASSROOM** WITH **RESPECT**

According to the Random Acts of Kindness Foundation, **RESPECT** means treating people, places, and things with kindness. This month, we are going to focus on having more respect in our classroom. We will first learn how to show more respect for ourselves, which is important because we can't respect others until we first respect ourselves. We will also talk about how we can better respect those around us which is something we sometimes forget. We'll also follow the adventures of Raphael the Respectful Dog on the Kindness Farm to learn how he shows respect. So, begin thinking about new ways to show respect in your classroom - it's a great way to start spreading kindness at school!

IN THIS ISSUE

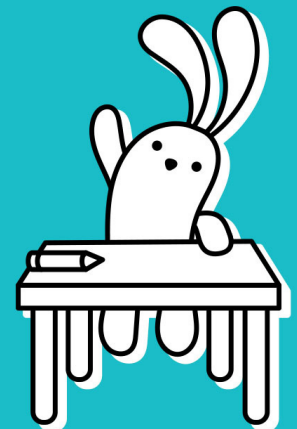
WHAT IS RESPECT?

SHOWING RESPECT

**SEND HOME CONCEPT
CALENDAR**

RESPECT

Treating people, places,
and things with kindness.



RANDOM ACTS OF KINDNESS
FOUNDATION
www.randomactsofkindness.org

Showing Respect

This month we are focusing on **respect** and what that means for us in our school community.

The first thing to discuss as a class is the definition of **respect**. What does it mean to treat people, places, and things with kindness?

Kids also need to know that before you can respect others, you need to respect *yourself*. We call this **self-respect**. Everyone is unique and special and worth celebrating!

Next, think about how preschoolers can show respect to other people (and things and places!) and to themselves in your preschool room. Here are some ideas:

- **Use inside voices during class time.**
- **Do not interrupt.**
- **Pick up messes.**
- **Follow the rules.**
- **Be proud of your work.**
- **Be a good listener.**
- **Take care of your things.**



What else could you add to this list?

Curriculum Quick Guide

Cycle 1: Ages 3-4; Cycle 2: Ages 4-5; Cycle 3: Ages 5-6

Each week there is a story centered on the kindness concept and corresponding activities that span the curriculum: math & science, citizenship & social studies, music & movement. Each week you can choose whichever activities you feel your class would enjoy the most.

There is also an optional project at the end of each week. Each concept has 4 weeks worth of stories and activities to enjoy. Additionally, each week you will meet one of our RAK animals who will help guide you through the materials through fictional stories (as part of our citizenship element). For *Respect*, you will meet

Raphael the Respectful Dog.



"I respect myself and insist upon it from everybody. And because I do it, I then respect everybody, too."

~Maya Angelou

Respect

Here are some things you can do this month to practice respect.

What else can you and your student(s) do?

What Random Acts of **Respect** will you do today?

SUN	MON	TUE	WED	THU	FRI	SAT
	Look at yourself in the mirror and give yourself one genuine compliment.			Tell a parent or guardian one thing you appreciate about them.		
Write down three things you are really good at.		Offer to do a chore at home without being asked.			Play a game as a family and put away all electronic devices.	
	Set a timer for 30 minutes and do something you really enjoy - just for fun!		Ask someone how they are doing and really listen to their answer.			Make a meal together and talk about where you felt or witnessed respect that week.
		Remember - you can practice self-respect by asking for help when you need it.		When you get upset with someone at home, take 5 deep breaths before responding.		
Create a self-care schedule that will help you respect yourself as you move into the next month.						

