

Respect Looks Like...

KINDNESS AT HOME™
EMPOWER • Week 3 • RESPECT

Timeframe

15-20 mins

Materials

☐ Journals



Empower

Last week we talked about the importance of respecting ourselves before we can genuinely respect others. Now that you have examined your self-care, how can you treat others in your home with that same level of respect? Sometimes we may find it easier to show respect to people OUTSIDE our home, such as our teachers and our bosses. However, respect needs to start IN the home first. This week, look at how you treat those in your home. Is there a person that you find more difficult to get along with? Perhaps your personalities are different or you prefer quiet while they enjoy talking. Even when we don't see eye to eye, we can still be respectful. Remember, **Respect is treating people, places, and things with kindness.** This week, use what we have learned thus far to empower you to treat everyone in your home with respect, even those with whom you do not intentionally spend time.



Discussion Starter

Have each person in your home think about the following discussion question:

What makes you feel respected in our home?

Play a game of charades with each person acting out the answer to the above question.

As a group, try to guess the answer. After each person has gone, discuss the question as a family.

- What common themes came up when we talked about respect in our home?
- Think back on the past week to a frustrating time with a family member. How can respect promote kindness in the moment?



Journal Prompt

It's very important to be aware of what respect looks like AND ways to increase your respectful words and actions toward others to create a kind home environment. In your journal, choose one of the following to help you grow and/or reflect on this topic.

- Draw a picture of one way you feel respected in our home.
- Create a T Chart. On one side, list disrespectful actions. On the other, list respectful responses to these actions.
- Writing Prompt: Which part of your day do you find most difficult to show respect? How can you adjust your attitude?



Kindness Hack

The people in your home need encouragement and kind words just as much as you. If you are ready to go the extra mile, try this:

- Offer 3 genuine compliments to others in your home this week!
- Reflect in your journal if time allows. How did they react? How did you feel giving the compliments?
- Kindness is contagious! Pass it on.