

# Time for ME

KINDNESS AT HOME™  
INSPIRE • Week 2 • RESPECT

## Timeframe

15-20 mins

## Materials

- Ball or other light item to toss
- Journal
- Pencil or drawing supplies



## Inspire

When we respect ourselves, we are naturally better able to show respect and kindness to others. We must be kind to both our bodies and our minds. The words we say to ourselves (“You look great today, Lisa!”) and the actions we choose (brushing our teeth, eating healthy, etc.) help us feel good. When we choose unkind words and actions, we are not practicing self-care; we are not treating ourselves with respect. **Respect is treating people, places, and things with kindness.** This week, we will highlight how we respect OURSELVES in an effort to inspire each person in your home to examine HOW you respect yourself and areas that might be overlooked. Remember, you cannot respect others without first respecting yourself!



## Discussion Starter

Guide your family in a game of Respect Round Robin. Have everyone form a large circle in the room. Beginning with an adult, toss a ball (or other light item) around randomly throughout the circle. The first person holds the ball and completes the following prompt, “**I show respect to myself when I ...**” (When I brush my teeth, when I get enough sleep, etc.). Toss the ball to another person in the group. Repeat until everyone is able to share.



## Journal Prompt

It's very important to be aware of how you respect yourself in both words and actions as this helps you increase your respect for others as well. Respect starts with YOU. In your journal, choose one of the following to help you grow and/or reflect on this topic.

- Draw a self-portrait and write 3 positive words about yourself.
- Create a self care weekly schedule. What do you do for YOU?
- Writing Prompt: How can you increase your self-care on a daily basis to show yourself respect?



## Kindness Hack

It is just as important to care for ourselves through kind words and actions as it is to care for others. If you are ready to go the extra mile, try this:

- What area in your personal life often gets overlooked (relaxation, hobbies, exercise, personal hygiene, etc.)? Make a personal self-care goal this week and track it in your journal.
- How can you inspire others to prioritize their self-care? One idea is to do an extra chore for a sibling, which will allow them more time to complete something for themselves that they normally overlook!

