

How did you RESPECT yourself this morning? Do you have a routine you stick to or does an adult help you? **Write out your morning routine for school days and highlight the things you do without an adult.** Remember, RESPECT starts with you!

What is one RESPECTFUL thing you can say about yourself? Kind words show RESPECT as well. **Draw a picture of yourself and write a few positive, uplifting words around the portrait.** Positive words are part of self-respect!

How do you show self-respect towards yourself after school?
Maybe you play outside, play games, or just relax. **Write about your favorite after school activity below:**

How do you practice self-respect at night? Brushing your teeth, getting ready for bed, and getting enough sleep all help you RESPECT yourself. **Write about your night time routine below.**