

KINDNESS AT HOME

This month's focus: **RESPECT**



FILLING OUR **HOME** 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 families. 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. Yes, even our siblings or our children deserve our respect! So, begin thinking about new ways to show respect at home - it's a great way to start spreading kindness at home!

IN THIS ISSUE

WHAT IS RESPECT?

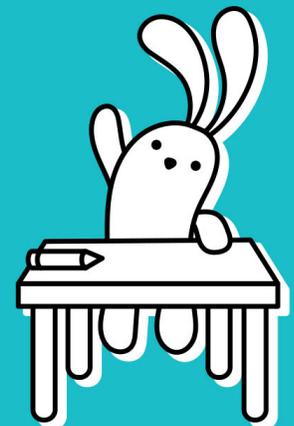
SHOWING RESPECT

TALKING ABOUT RESPECT

CONCEPT CALENDAR

RESPECT

Treating people, places,
and things with kindness.



RANDOM ACTS OF KINDNESS
FOUNDATION
www.randomactsofkindness.org

Showing Respect

Let's start a conversation about Respect! We are excited you are here with us! This month we are focusing on **respect** and what that means for us at home and in our families.

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

Next, talk about how you show **respect** in your family - and remember that before you can respect others, you need to respect *yourself*. Everyone in the home needs to have a great deal of self-respect. This can be difficult and sometimes you need to help each other see how amazing they are!

So how can we make someone else feel respected? Here are 7 ideas from author Roy T Bennett:



- **Use their name**
- **Express sincere gratitude**
- **Do more listening than talking**
- **Talk more about them than about you**
- **Be authentically interested**
- **Be sincere in your praise**
- **Show you care**



Talking About Respect

Discussions & Journals

Because it is important that you talk openly about **respect** -- what it means to you, what it means for your family, and how you show it to yourself, to each other, and to your broader community -- you will receive weekly discussion and journal prompts to help start these conversations. This is a great way to think more about **respect** and how to practice it. Get started this week with the following questions:

Discussion: Have everyone take turns saying one thing that makes them feel respected at home.

Journal (older): How does your family define respect? How does it compare to the RAK definition?

Journal (younger): Think about how to make the following situations more respectful:

Example: Disrespectful: *Jumping on the furniture.* **Respectful:** *Sitting on the furniture.*

- **Disrespectful:** Interrupting others.
- **Respectful:**
- **Disrespectful:** Always choosing what the family watches on TV.
- **Respectful:**
- **Disrespectful:** Inviting friends over without asking.
- **Respectful:**

"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 family 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.						

