

Respect

Hello Parents and Guardians,

Welcome to Unit 1 of our Kindness in the Classroom curriculum. For the next 4-6 weeks we will be learning all about RESPECT. Since this topic is already known by many of our students this year, we will be diving deeper into the following topics:

TOPIC	QUESTIONS WE WILL EXPLORE	HOW YOU CAN HELP AT HOME
Self-Respect	<ul style="list-style-type: none"> How can we show ourselves respect? How do we treat ourselves with kindness? Why is self-respect needed before we can treat others respectfully? 	Talk with your child about the importance of respecting yourself in everything you think, say, and do! Respect starts with YOU.
Respect for Others	<ul style="list-style-type: none"> How do we treat our classmates, our family, people in the community? How do our words and actions affect others? Why do our words and actions need to align? 	Help your child examine the connection between what you say and what you do. Discuss the conflict when your words reflect kindness, but your actions do not.
Respect Across Settings	<ul style="list-style-type: none"> How do we respect our school, our home, our community at large? How can one person's decision to show respect change others around them? 	Talk with your children about different ways to respect their community. Explore ways that your home, school, and/or neighborhood might benefit from an increase in respect. How can we help others to treat these areas with respect as well?

Key activities we'll be doing:

- Play emotion identification charades!
- Explore self-care tips!
- Practice recognizing and restoring respect!
- Use images to explore consequences for disrespect in our community!

TRY THIS AT HOME!

Be on the lookout for the Home Extension Activity handout connected to Self-Care tips. Work with your child to practice these tips and identify which worked and why. We can all use expanded self-care!

If you have any questions about our Kindness in the Classroom lessons, please feel free to contact me at any time. We are on this kindness path together!

Sincerely,