

Self Portrait of Respect

KINDNESS BEYOND THE CLASSROOM™
SMALL GROUP • OPTION 1 • RESPECT

Lesson Timeframe

25-30 mins

Materials

- ❑ 1 sheet of cardstock (or construction paper) for each person
- ❑ Basic art supplies
- ❑ Respect poster (optional)



Share

As a whole group, explain that respect starts with YOU! We must respect ourselves before we can respect others. Define Respect: RESPECT IS TREATING PEOPLE, PLACES, AND THINGS WITH KINDNESS. (Show the Respect poster if desired.) Brainstorm ways we each take care of ourselves: How can we show ourselves respect at home? At school? Write answers down on whiteboard/butcher paper if desired.



Inspire

Each participant will draw a picture of their head as a self-portrait. Staff and/or older children can help younger students with the face outline if needed. To begin thinking about their portraits, brainstorm answers to this question: How does taking care of yourself demonstrate respect? Emphasize that this is a picture of YOU. It should be personalized so that it represents you. Every portrait should look different!

Around the picture, ask participants to write activities, sports, or hobbies they like to do and adjectives that describe them. Provide assistance to children that need help to write. Allow them to dictate their answers while you write them down. Explain that an important part of respect is self-respect. We respect ourselves by celebrating our strengths and unique qualities!



Empower

Divide your large group into two small groups based on grades and/or ages: 4-8 (PK-2nd grade) and 9-12 (3rd-6th grade).

For the younger group: Have each person share their self portrait and one way they showed self-respect today. Review what self-respect is if participants need help or seem confused.

For the older group: Have the participants sit in a circle. Have each person discuss their self portrait and one word they wrote around the outside. How does this word connect back to respect? How do you respect yourself daily?



Reflect

After the art component is finished, guide a whole group conversation around RESPECT.

- What is Respect?
- How do we show self-respect when we take care of ourselves?
- What is one new way you can respect yourself later on today?
- Why is it important to respect ourselves?

