

Respectful Introductions

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

Lesson Timeframe

25-30 mins

Materials

- ☐ Respect poster (optional)



Share

Define Respect: RESPECT IS TREATING PEOPLE, PLACES, AND THINGS WITH KINDNESS. (Show the Respect poster if desired.) Discuss that respect begins from the moment you meet someone! Brainstorm what people can tell about us when we first meet them.

- What does our face show? (smile, frown, etc)
- How do we carry ourselves? (slouching, turning away from people, etc)

Ask volunteers to share one way to demonstrate respect with how they walk into a room. Aim for 2-3 volunteers.



Inspire

We meet new people almost every day! How we introduce ourselves sets the stage. If we are respectful during our introductions we are much more likely to receive respect in return! Explain that today we will practice respectful introductions. This might seem silly at first, but there are both kind and unkind ways to introduce yourself. A respectful introduction includes 3 important parts:

- A kind expression: This might include a smile and/or eye contact. The goal is to think kind thoughts so your face will reflect these kind thoughts! Please note that some cultures do not encourage direct eye contact or smiling with an introduction, so do not push these specific actions.
- A kind gesture: This could be a firm handshake, a kind wave of your hand, or a fist bump.
- A kind word: This includes options like saying Hello (or another greeting), providing your name, and asking how they are doing.



Empower

Divide the group into two lines that face each other. Have each person introduce themselves to the person they are facing. Encourage kind words, gestures, and expressions. Have one line move one person to the right (with the last person returning to the front of the line) and have them repeat their respectful introductions with the new person in front of them. Repeat this until every person has introduced themselves to everyone else.



Reflect

Guide a whole group conversation around RESPECT.

- What is respect?
- How do we introduce ourselves respectfully?
- Why is it important to use respect when we first meet someone?
- What might happen if we are unkind and disrespectful when we first meet someone?

