

Area: Show Respect

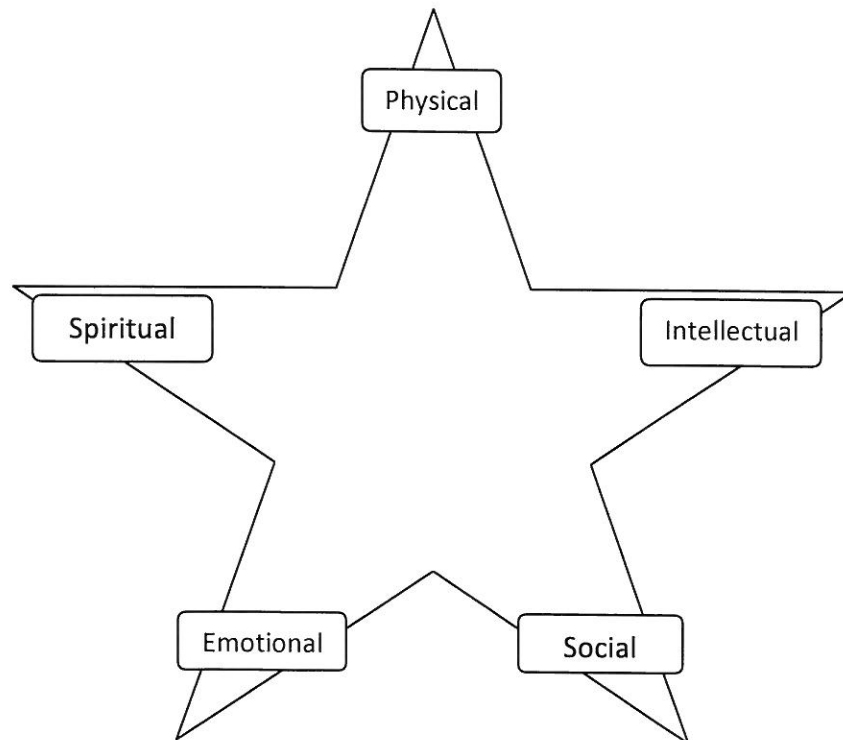
Title: Respecting Me

Objective: Student will recognize components of self respect for themselves and others.

Materials: Paper and Pencils

Activity:

1. Write or read this quotation: "No man is an island entire of itself" John Donne
2. Make sure each student has pencil and paper.
3. Draw this picture on the chalkboard or overhead and explain or read the following:
"Every person has many parts of self and everyone deserves respect. Look at the five parts of self everyone possess on the points of the star. Try to name and write down at least three things about yourself for each category that you'd like others to be respectful of because they are part of you and important to you."



Here are some examples:

Physical- your size, complexion, color of hair, eyes, your gender, athletic ability, singing voice, etc.

Intellectual-your brain, sense of humor, good math, reading, spelling skills, problem solving ability, etc.

Social- friendliness, kindness, family, friends, etc.

Emotional- your temperament, ability to sympathize or empathize, self-control, etc.

Spiritual- your values, faith, church participation, beliefs about the universe, ethics, moral responsibility, etc

Closure: Ask for volunteers to share one thing from their list. Go by category. Ask “ What do the many different parts of self have to do with self respect? Why do people sometimes find it hard to share about themselves? Are some categories easier to share than others? Why?”