

# Respect (Grades 3-5)

## For PurposeFull Families



### EXPLANATION:

This month we're talking about the character trait of Respect. The dictionary defines it as the value of admiring another person for who they are and what they do. The definition we are using in class is:

**Respect: seeing good in people and things (and treating them with care).**

Respect is both a perspective and a practice. What does it mean to "see good" in people? Oftentimes this requires us to learn more about who they are, where they come from, and why they believe and act the way they do. Respect is about understanding people! Respect is also about action; how we speak to and treat one another (and ourselves) respectfully is a constant practice.

### CONVERSATION STARTERS:

- Respect is about resolving conflicts peacefully, without violence. It requires listening to each other. How do you make sure that you're really listening when you're talking to someone. Is that harder to do when you don't agree with them? Why? How can you get past not agreeing with their opinion, but still respecting who they are?
- Share about a time when you felt that someone was being disrespectful to you. Talk about how you wish the other person would have shown Respect to you. Can you think of a time in which YOU were disrespectful to someone? What do YOU wish you would have done differently?
- What are specific ways your home culture shows Respect when breaking bread, going to someone's home, resolving conflicts, etc.? How might these specific customs be different than other cultures?
- Respect can look and sound different depending on one's culture, but it feels consistent across communities. Discuss with your child what it feels like to be respected. How does your community show Respect? Be sure to be specific! You can reinforce respectful behaviors by naming them explicitly such as, "I see your Respect when you wait your turn to speak" or, "I feel respected when you ask me how I'm doing."

### QUESTIONS YOU COULD ASK:

- How does Respect look, sound, and feel at school? How about at a sporting event? In a group or organization? At home? How about when you're angry? When you're frustrated? Struggling?

- Do you have to like a person in order to be respectful? Or, can you be respectful to someone even if you don't particularly care for or agree with them?
- Who is someone that you have a hard time with? What would help you model Respect for that person? How might that change your relationship?

### APPLICATION:

#### Books:

- [\*A Taste of Colored Water\*](#) by Matt Falkner
- [\*Good-bye Bully Machine\*](#) by Debbie Fox and Allan Beane
- [\*Sit In\*](#) by Andrea Davis Pinkney
- [\*The Golden Rule\*](#) by Ilene Cooper
- [\*Draw The Line\*](#) by Kathryn Otoshi
- [\*The Name Jar\*](#) by Yangsook Choi
- [\*My Name Is Sangoel\*](#) by Karen Williams
- [\*The Orange Shoes\*](#) by Trinka Hakes Noble

### FOR YOUR READING:

- [\*Teaching Kids Respect\*](#) Parenting For Brain Online Magazine
- [\*Do Your Kids Respect You?\*](#) By Janet Lehman, MSW

# Respect (Grades 3-5)

## For PurposeFull Families

### ACTIVITY:

Stage a family sit-in to respectfully request more family dinners around the table. Negotiate for two additional home-cooked meals. Be prepared to give up something to get something.

### PURPOSEFULL PURSUITS:

#### Unplug and Plug In

Agree as a family to set aside a certain time frame each day this week to unplug from devices and plug into family time. It shows Respect, for example, to not bring those phones to the dinner table. How does it feel to experience proximity and practice our manners face-to-face? When else can you unplug to show Respect?

Toughness: 1  
Time: 2  
Type: Individual

#### A Recipe For Respect

To show Respect for diversity and to celebrate other cultures and their customs, research a traditional recipe for your family to try from your own culture or from another culture that you know exists in your community. Make that dish and share with your family about its background and its significance.

Toughness: 4  
Time: 2  
Type: Group

#### Building Bridges of Respect

Invite neighbors, families from school, or other community members over to share your culture with them. This may be sharing a meal, celebration, or activity that shares a piece of who you are and what is important to you. During the event, ask those you invited to share something about their culture that is important to them!

Toughness: 3  
Time: 3  
Type: Group

#### A Delivery of Respect

Talk with your family about ways you can show Respect to your neighbors. Choose a way to “deliver” Respect to a family who lives nearby. As an added challenge, include a respectful note and challenge your neighbor to “pass it on” by spreading Respect to another neighbor.

Respectful delivery ideas:

- Deliver cookies
- Shovel snow
- Rake leaves
- Deliver flowers
- Take up the trash cans

Toughness: 2  
Time: 2  
Type: Group