

**Week 1-****WHAT IS RESPECT?**

Discuss basic ways to show each other respect through words. (ie: please, thank you, ma'am, sir, etc.). Explain that respect is responding with words and actions to show others they are important. This means respect is not only shown by saying "please" and "thank you", but also through the way you treat one another.

**FIND OUT WHAT IT MEANS TO ME!** Although it is key to show others they are important with our words, it is equally important to back those words up with some action. Have each person share one way he or she feels important or respected. One person may feel important when others hold the door open for her. Another might feel important when others listen to him while he talks. Along with using respectful words, practice showing each other respect this week by responding with the actions you talked about today.

**Week 2-****HOW HAVE WE SEEN IT IN EACH OTHER?**

Discuss the impact of responding in a respectful manner over the past week. How did everyone do? Share stories of how others responded to make you feel important or unimportant.

**LIGHTS, CAMERA, ACTION**

Write down an everyday situation on a card for each family member such as:

- Julie is struggling to get through the front door with an arm full of books.
- Cal just finished cooking dinner for everyone.
- Laura asks you to help fold the laundry.
- Jackson lost his favorite sweater.

Have two people act out each scenario—one person as him or herself, one person to act out one way to make this person feel important either through words or actions. Keep in mind there are many different options. Talk about what might make you feel most respected in each situation.

**Week 3-****WHY IS RESPECT IMPORTANT?**

Tape a piece of string to a sheet of paper. State that the string represents how important you feel to the people around you. One at a time, have each person say or do something respectful. With each comment or action, add a piece of string to the paper, making the piece longer and longer. Discuss what might happen to the string if someone was disrespectful. How can we make sure we are adding to the string instead of breaking it down?

**Week 4-****WHAT HAVE WE DECIDED ABOUT IT?**

With specific examples, let each person know how you have seen him or her show respect in the last month. Continue to track your respect by making a string chart with each person's name on it. Start with a small piece of string taped above each person's name, and add to the string every time that person feels important to someone else in the family. Watch the string grow as your home nurtures respect!



## September Take Home Sheet

# RESPECT

*showing others they  
are important by  
what you say or do*