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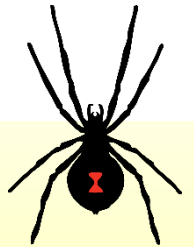
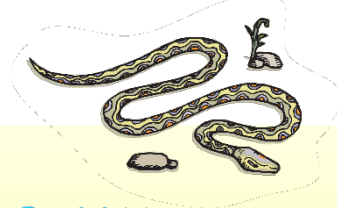
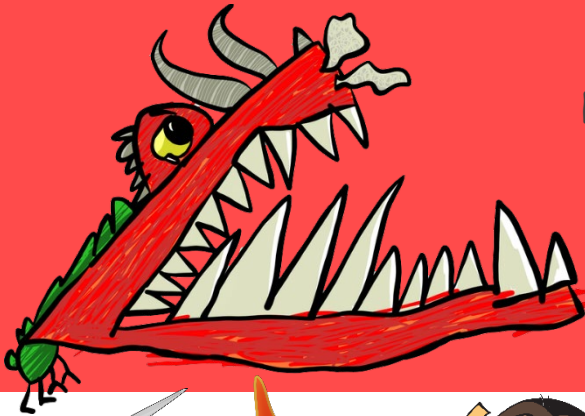
# WEEK 8

# Healthy Respect

"HEALTHY RESPECT is keeping away from things that could hurt us."

Don't be scared. Instead, have a Healthy Respect for things that could hurt you. Stay away from them whenever you can!

If you can't avoid them, then it is time to do something about it.



## EXAMPLE, A BULLY

1. Stay away.
2. Shrug and just walk away.
3. Say, "Stop!"
4. Say, "I'm not scared of you."

## To earn your Red Success Stripe

Have a talk with mum or dad about things you could have a "healthy respect" for. Here are some ideas... sharp scissors, fire, a growling dog, a shark, a snake, a redback spider, a car on the road ... what else?

**PARENT/CARER FEEDBACK** - How did your child do this week?



## THE GOALS WE SET

When I say, "The goals we set!" you say, "are the goals we get!" Let's try it... The goals we set!... Are the goals we get!

## CRISS CROSS

"Criss Cross!" - Students reply, "Karate Sox!" and sit down with their legs crossed. They are now ready to listen!

When I say legs, you say crossed! Legs! Crossed!

When I say back, you say straight! Back! Straight!

When I say hands, you say on the knees! Hands! On the knees!

## HEALTHY RESPECT

What is healthy respect? **Keeping away from things that could hurt us.**

Repeat after me,

**Don't be scared.**

**Instead, have a Healthy Respect for things that could hurt you.**

**Stay away from them whenever you can.**

For example, would it be dangerous to go out on the road in front of cars?

Of course it would. That means we have a healthy respect for going out on the road. What about having a healthy respect for bullies?

Number 1, you could stay away from where you know a bully is. Number 2, maybe you could just shrug and walk away. Number 3, if the bully keeps on wanting to fight you, you could say, "Stop. I'm not scared of you."

Let's practice this, hands up, "Stop! I'm not scared of you."

## TO EARN YOUR RED SUCCESS STRIPE:

Have a talk with mum or dad about things you could have a "healthy respect" for. Here are some ideas... sharp scissors, fire, angry dogs, sharks, snakes, redback spiders, cars on the road ... what else?

## AWARD RED STRIPES

**I like it. I love it. I want more of it! - WARMUP!**

