

Full Name:

# WEEK 2

## Kindness and Respect

# Respect!



When we bow, what does that mean? **Kindness and Respect.**  
What does respect mean? **Value yourself and value each other.**  
How do we **VALUE** each other? **We treat others the way we would like to be treated if we were them.**

1. Who do you respect first? **"Yourself."**
2. Who do you respect second? **"Your parents."**
3. Who do you respect third? **"Your teachers."**
4. Who do you respect next? **"Other people."**
5. What else do you respect? **"The animals, the plants and the world around us."**



## To earn your Red Success Stripe

Every day 1. Wake up! 2. Look in the mirror and say, **"KINDNESS and Respect: value yourself, and value each other!"** Then 3. Get ready for the day!



**PARENT/CARER FEEDBACK** – *Let us know how your child did this week:*

Parents: Bring this completed sheet back in, so we can record your child's progress.



# KINDNESS and RESPECT

WK 2

## - WEEK 2 -

### ATTENTION CHALLENGE

Attention! Concentration and self-control! 10 second challenge. Challenge students to hold attention stance for 10 seconds. Use stopwatch as prop.

### 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!

When we bow, what does that mean? **Kindness and Respect.**

What does respect mean? **Value yourself and value each other.**

How do we VALUE each other? **We treat others the way we would like to be treated if we were them.**

### THE SKILLS OF RESPECT

Who do you respect first? **"Yourself."**

Who do you respect second? **"Your parents."**

Who do you respect next? **"Your teachers."**

Who else you respect? **"Other people including your friends."**

What else do you respect? **"The animals, the plants and the world around us."**

### TO EARN YOUR RED SUCCESS STRIPE:

Every morning: One, wake up! Two, look in the mirror and say, "Kindness and Respect: Value yourself, and value each other!" Three, get ready for the day! Ask mum or dad to write a short note to let us know how you did.

### AWARD RED STRIPES

### GIVE YOURSELF A ROUND OF APPLAUSE!

### WARMUP!

