

Full Name:

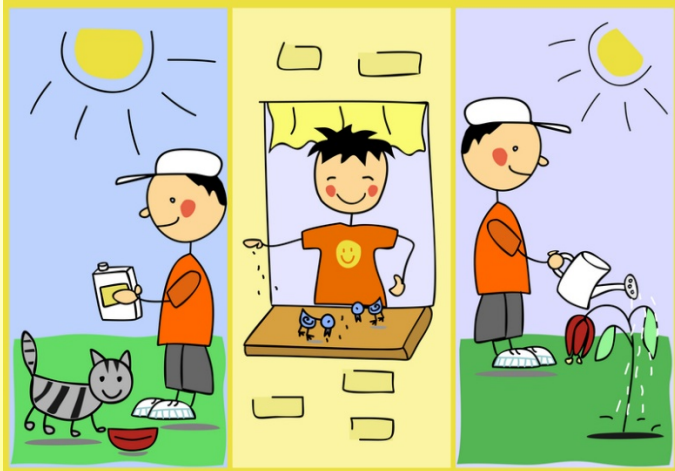
# WEEK 7

## Kindness and Respect

# Respect the World



"Respect the animals, the plants and all the world around us."



### 3 Ways to respect the world

1. Clean up rubbish, recycle and plant trees.
2. Save water and energy.
3. Be kind to animals and people.

*Small acts of  
Kindness & respect  
can change the World*



## To earn your Red Success Stripe

**One.** Pick up any rubbish you see lying around at home.

**Two.** Help sort out which things go in the waste bin, the organics bin and the recycling bin.

**Three.** Be kind to animals (and people!)

**PARENT/CARER FEEDBACK** - Give an example of your child showing respect this week:



## BLACK BELT FOCUS

When I say, "Black Belt Focus!" you do this: "Black" (as you make a high knifehand x-Block) "Belt" (as you make knifehands 45 deg to the side) "Focus!" (as you stand tall hands behind your back.) Now, let's practice. "Black Belt Focus!"

## 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.**

## RESPECT THE WORLD

Who do you respect first? **Yourself.** Who do you respect second? **Your parents.** Who do you respect next? **Your teachers.** Who else do you respect? **Other people.** What else do you respect? **The animals, the plants, and the world around us.**

Why do we respect the world? **Because small acts of kindness and respect can change the world for the better.**

## TO EARN YOUR RED SUCCESS STRIPE:

Number One, pick up any rubbish you see lying around at home. Number Two, help sort out which things go in the waste bin, the organics bin and the recycling bin, and Number Three, be kind to animals (and people!)

Ask your parents to sign the sheet to let us know how you did. (Make sure you say "Please" and Thank you.")

## AWARD RED STRIPES

**Give yourself a Round of Applause! - WARMUP!**

