

# RESPECT EXPLORERS

## ✦ NURTURING POSITIVE RELATIONSHIPS ✦

Welcome to an amazing adventure called **Respect Explorers**!

In this fun activity, we're going on a journey to discover what respect means.

Learning about respect teaches us how to listen, share, and understand others better. It helps us make friends, solve problems easily, and have a happier time at home and school.

You can pick a big four-page activity to work on with your family, friends, or classmates. Or, if you like, there's also a shorter, one-page activity just right for doing alone or with a buddy.

So, are you excited to become a Respect Explorer? **Let's start this awesome journey together and discover the power of respect!**

### How to Make the 4-Page Poster

- 1 Print out the 4 pages of the poster.
- 2 Cut along the dashed lines (cut on the inside line so the black dotted line does not show).
- 3 Line up the edges and tape the front and/or back of the poster.
- 4 As a group, discuss what respect looks, sounds, and feels like when you're together. Use the guide on the next page to guide your discussion.



# ✦ Guiding Respect Explorers: ✦ Nurturing Positive Relationships

For Parents & Educators

## "Stop being disrespectful!"

Often, we think our children **KNOW** exactly what we expect from them. But they might not unless we **TALK** about it.

**Respect** is about showing we **care about**:

- the feelings and needs of **PEOPLE**
- the rules and order of **PLACES**
- the protection and importance of **THINGS**



We can replace the word "respect" with the words "care about":

"I respect your feelings."



"I care about your feelings."

Discuss what respect **LOOKS LIKE** in your family or classroom.

Let's talk about people and things we care about. How can you tell someone is treating you or your things with care?

Discuss what respect **FEELS** like for each of you.

What does feeling respected mean for each one of us? I feel respected when someone speaks calmly to me.

Brainstorm examples of ways you can **SHOW RESPECT** to others:

- Try to **understand** others' point of view.
- Ask, "**Is this okay?**" if you're unsure.
- Use **kind words** and tones of voice.
- **Offer help** when you see someone struggle.

# RESPECT EXPLORERS

## ✦ THINKING DEEPER ABOUT RESPECT ✦

Let's talk more about respect!

Respect is such an important thing to have and give to our friends and family. It's all about treating others the way we want to be treated – with kindness, understanding, and appreciation. But what does respect look like, sound like, and feel like? That's what we're here to find out!

Read the examples below. Do you agree or disagree with these examples? Use these examples to inspire your response on the "For Me/Us Respect" pie charts.

### Looks Like →

- Patiently listening when someone else is talking
- Holding the door open for someone else
- Cleaning up after ourselves and keeping our space tidy
- Cheering for others when they succeed AND when they don't
- Saying "please" and "thank you"

### Sounds Like →

- Using kind words and a gentle tone when speaking to others
- Apologizing when we make a mistake or hurt someone
- Encouraging our friends and classmates when they're feeling down
- Honoring other people's opinions, even if we don't agree with them

### Feels Like →

- It is safe to share what you think and feel
- You are seen and cared about
- Your thoughts and ideas are heard and valued
- Your feelings are validated and taken into consideration

FOR US

LOOKS LIKE

# RESPECT

SOUNDS LIKE



A large blue arc is drawn from the top left towards the bottom right. A straight blue line segment connects the top left endpoint of the arc to a point on the arc, forming a radius. The word "FEELS" is written in orange, slanted, capital letters within the space defined by the arc and the radius line.

**FEELS**

A dashed, wavy line is located on the left side of the page, below the horizontal dashed line.

What does respect look, sound, and feel like  
Use this page to work together to



**LIKE**

in your home, group, or classroom?  
create your definition of respect.



# FOR ME RESPECT

What does respect look, sound, and feel like for you?

Use this page to create your personal definition of respect.

