



# RESPECT

## WEEK 2: CHARACTER DRILL

### AGE-SPECIFIC CHARACTER DRILL FOR AGES 8-12

#### **DRILL: SELF-RESPECT MEMORY GAME**

"Having self-respect means that you have pride for yourself and you take care of yourself physically, mentally, emotionally, and socially. In this drill, we are going to list out as many ways that we can take care of ourselves while challenging our memory."

#### **Steps:**

1. Have your students make a big circle.
2. Explain the following ways that we can have self respect:
  - a. Physically: eating right and having good hygiene
  - b. Intellectually: studying and learning new things
  - c. Emotionally: having courage, confidence, and self esteem
  - d. Socially: not fighting, arguing, or gossiping
3. Have one person in the circle be first. He/ she will say one way to have self respect. For example: "I can have self respect by brushing my teeth twice a day."
4. The person next will repeat that statement and add another way to have self respect. For example: "I can have self respect by brushing my teeth twice a day, and by having the courage to say no to drugs."
5. Continue the drill. If someone messes up, then he/ she must do 5 push-ups and skip to the next person.
6. You can make this drill fun by challenging them to remember 5 ways to have self respect in order. If so, then you can give them a prize or you can play an extra game at the end of class.
7. The game ends when everyone has at least two turns.