



RESPECT

WEEK 1: RESPECT OVERVIEW

AGE-SPECIFIC MAT CHAT FOR AGES 8 to 11

OPENING DISCUSSION:

“What does the word respect mean? (*ask one student to define respect*) The answer is: to show high regard for someone or something. When you show respect to others, you treat them the way you would want to be treated. When you show respect toward yourself, you take good care of yourself and your personal hygiene by bathing and brushing your teeth. You also take good care of your health by eating more healthy foods rather than junk foods. Demonstrating both respect for others and for yourself are important ways to make the world a better place.”

Let's try a quiz to help you understand how to have self-respect!

Good or bad decision?

- You lose in a game and afterwards you tell yourself that you are a loser.
- You skip breakfast everyday because you always wake up late.
- When you are low on energy, you drink soda or energy drinks to wake you up.
- You skip bathing and brushing your teeth a lot at night because you always forget.

Tip: Tell the kids that you are very proud of them for thinking about how important it is to have self-respect.

FINISHING THE MAT CHAT:

“I want everyone to go home and practice having self-respect. Make sure you do not skip meals because you will lose important energy that is necessary for learning and playing sports. Also make sure you brush your teeth and bathe every night, no excuses. If you practice daily respect, you will find yourself a much happier person every day.”