



# RESPECT

## WEEK 1: RESPECT OVERVIEW

### AGE-SPECIFIC MAT CHAT FOR AGES 5 to 7

#### OPENING DISCUSSION:

“Do you know what respect means? Respect means that you treat others the way you want to be treated. When you show respect, you do not brag or pick on others, especially in sports. If you have good sportsmanship when playing with others, you will have more fun and make new friends.”

#### Let's answer a few questions about respect!

##### *True or not true?*

- When you win at a game, it is ok to dance around and celebrate in front of the losing team.
- When you lose a game, it's great sportsmanship to congratulate the winning team.
- When you lose a game, it is ok to get mad and cry.
- When you lose a game, it is not good sportsmanship to blame the referee or coaches.
- When you win a game, it means you are a better person than the losing team.

***Tip: tell the kids that you are VERY proud of them because they can tell the difference between having good and bad sportsmanship which is all part of respect.***

#### FINISHING THE MAT CHAT:

“I want everyone to go home and practice having respect by demonstrating good sportsmanship. When you play a game make sure that if you win you do not brag and celebrate in front of the losing team. You may make a few new friends this week by showing great sportsmanship.”