

# The Code of 26



## Life Skill #6 Self Respect

*Valuing yourself, treating your body like a temple; feeding your mind with positive thinking.*



*The outside influences in our life, shape the way we live and the way we view ourselves. Positive people and healthy environments create a positive YOU!*

### **Situation of the Week:**

Danny is at lunch and has the option of an apple or ice cream for dessert. Danny's peers all choose ice cream. He now has a decision to make. Danny knows that he will eat ice cream at his friend's birthday party he is attending tomorrow and he should choose the apple as a healthy choice.

### **Question of the Week:**

Self Respect means \_\_\_\_\_ yourself, treating \_\_\_\_\_ body like a temple; \_\_\_\_\_ your mind with positive thinking.

### **Essay of the Week:**

Explain a situation where you made a positive choice for your body or mind.

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