



TODAY'S TOPIC:

Respect

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

What or who do you respect?

Lesson

Respect

| Materials | Things to Prepare | Today's Goal |
|--|--|---|
| <ul style="list-style-type: none"> None | <ul style="list-style-type: none"> none | Know the importance of respecting ourselves and others. |

ACTION - Have kids turn and look each other in the eye and shake hands and say hello in a kind voice. After, explain that being, friendly, looking someone in the eye, these are signs of respect in our culture.

ASK: What is “respect”? Respect is how you feel about someone and how you treat him/her.

- Respect is how you feel about someone. Having respect for someone means you think good things about who a person is or how he/she acts. You can have respect for others, and you can have respect for yourself.
- Respect is how you treat someone. Showing respect to someone means you act in a way that shows you care about their feelings and well-being. Respect is thinking and acting in a positive way about yourself or others. Respect is thinking and acting in a way that shows others you care about their feelings and their well-being.

ASK: What is the Golden Rule? Treat others the way you want to be treated. What does that mean, to treat others as you would like them to treat you?

[Treat others nicely and with respect. If you don't want someone to be mean to you, then don't be mean to them. If you want people to say nice things about you, then say nice things about them.]

Have the kids repeat after you: The Golden Rule – I will treat you the way I want to be treated.

- Respect looks like: looking into someone's eyes, people waiting to take their turn, people helping each other, being kind, careful listening, sharing.
- Respect sounds like: excuse me, please, thank you, no thank you, speaking clearly, I'm sorry, asking questions if you don't understand.

ACTION: Role play: Have the kids pretend to eat a meal. Ask for examples of good manners. Act those out. Now ask for suggestions of bad manners. Act those out. Good manners are respectful.

SAY: Respect for self - We are all created by God and we all deserve to be treated with respect. I respect myself by noticing if something makes me feel unsafe or uneasy. Just like I respect others' need for private time and space, I deserve private time and space.

SAY: Respect for Elders and Family - Elders have lived longer and learned many of life's lessons, they have wisdom and can teach us many things. While everyone deserves respect, elders deserve a special measure of courtesy and respect. Who are the "elders?" Why do they deserve even more respect? How do you / could you show respect for an elder?

AFFIRMATION –I respect myself and others. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .