

THE VALUE OF SELF-RESPECT

SUGGESTED TALK ABOUTS

It is important that students realize the following about having self-respect:

- *Self-respect* means taking satisfaction in appropriate behavior and hard-won accomplishments.
- People with self-respect also respect others.
- People with self-respect celebrate with others in their accomplishments.
- People who respect themselves view selfishness, loss of self discipline, recklessness, cowardice and dishonesty as wrong and unworthy of them.
- People with self respect have inner strength and are unwilling to let others use or manipulate them.
- They know that showing patience or tolerance does not mean allowing others to mistreat them.
- People with self-respect do not crumble when they fail. They accept mistakes as a part of life.

- U.S. Department of Education- *Helping Your Child Become a Responsible Citizen*

JOURNAL STARTERS

- I respect myself by
- I show self respect in school when.....
- I show self respect at home when.....
- One time that I wasn't respectful to myself was ... This is what I learned
- This weekend I practiced the value self respect.....
- My parents show self respect to by
- Today I plan to respect myself by
- My teachers practice self respect by
- If I choose not to demonstrate self respect at school, this is what will happen.....
- Here are three ways that I show self respect...



BOOKS TO READ & DISCUSS

PRE-K & KINDERGARTEN

Cinderella
Goldilocks and the Three Bears
Johnny Appleseed
All the Places to Love by Patricia MacLachlan
It's Not Fair! by Charlotte Zolotow

FIRST GRADE

Be Polite and Kind by Cheri J. Meiners and Meredith Johnson
The Frog Prince
Brother Francis and the Friendly Beast by Margaret Hodges
Through Grandpa's Eyes by Patricia MacLachlan
The Rough-Face Girl by Rafe Martin

SECOND GRADE

Beauty and the Beast
Molly's Pilgrim by Barbara Cohen
The Girl Who Loved Wild Horses by Paul Goble
The Bicycle Man by Allan Say
The Emperor and the Kite by Jane Yolen

THIRD GRADE to FIFTH GRADE

Otherwise Known as Sheila the Great by Judy Blume
Starting School With an Enemy by Mary Carbone
Oliver Button is a Sissy by Tomie De Paola
The Hundred Dresses by Eleanor Estes
The Frightful Story of Harry Walfish by Brian Floca
The Gift Giver by Joyce Hanson
The Upside-Down Boy/El niño de cabeza by Juan Felipe Herrera
Everything on a Waffle by Polly Horvath

Other

April and the Dragon Lady by Lensey Namioka
Sisters and Brothers: The ultimate guide to under by Elizabeth Siris Winchester
All the Way Home by Patricia Reilly Giff
Raymond's Run by Toni C. Bambara
Seed Folks by Paul Fleischman

Young Adult

The Absolutely True Adventures of a Part-Time Indian by Alexie Sherman
Chicken Soup for the Teenage Soul by Jack Canfield, mark Victor Hansen, Kimberly Kirberger
Zlata's Diary by Zlata Filipovich
Contender by Robert Lipsyte
Monster by Daniel Kraus

Many books taken from Boston University's School of Education CAEC Booklist & Helping Books Connection

ACTIVITIES

SOCIAL STUDIES

- Select a person from history, in the news, or someone in the government and talk or write about how they show the value of self respect.
- Make a web that shows all of the people that should show the student respect at school, at home and in the community.
- Create a list of actions that demonstrate self respect. For older students, have them explain why those actions are self respecting.

LANGUAGE ARTS

- Create a class story, individual stories and/or individual drawings and stories about fictional characters that are demonstrating the value of self respect.
- Have students create a newspaper article telling about a person that they know who demonstrates the value of self respect.
- Use a variety of poetic styles to create poems about self respect.

SCIENCE

- Have students complete a list of ways they can show self respect for the planet that we all share.
- Have students research and report on various ways they need to show respect to their bodies in order to be and stay healthy.
- For Red Ribbon Week, talk about how drugs, alcohol abuse and smoking is harmful to our bodies.

LITERATURE

- Either discuss or have the students write how various characters that they are reading about practice the value of self respect or disrespect.
- While reading a story, change the scenario to what would have happened if this character had not acted in such a self respecting manner.
- Create a one-act play about two aspects of self-respect.

LIBRARY

- Talk about how we show self respect by caring for our belongings, for example books.
- Help the students develop self respecting habits when it comes to using ours, as well as the public libraries.
- Introduce various stories pertaining to the value of respect.

MATH

- Talk about how people in fields that work with math practice the value of self respect.
- Create a power point presentation that demonstrates the self-respect it takes to become successful in math.
- Investigate personal finances such as credit, checking, savings, Maryland 529-college savings plan.

MUSIC

- Talk about ways that we need to demonstrate self respect when attending performances.
- For older classes, talk about how the lack of self respecting lyrics can create hostile feelings within oneself.
- For older classes, regarding self, create a timeline showing how lyrics have changed throughout the ages.
- Create a song about self respect.

TECHNOLOGY

- Talk about how we can demonstrate the value of self respect while caring for expensive equipment by taking care of our belongings.
- Talk about how it is always important to be self respect when using emails and other means of communication on the internet.
- Talk about internet bullying. Discuss how harmful and damaging this can be to our concept of self.

PE

- Talk about good sportsmanship and how those who practice this value are demonstrating the value of self respect.
- Talk about how for safety reasons we need to respect the rules of the game, reframe from unnecessary roughness and practice safe ways of using various pieces of equipment.
- Talk about how athletes practice the value of self respect while playing the game, talking to their fans, and being interviewed.

ART

- Have the students visually represent the value of self respect in a drawing, poster, collage, etc.
- Discuss how students need to demonstrate self respect while working on projects with others.
- Talk about how people show self respect when visiting art museums.

