

# SOCIAL EMOTIONAL LEARNING

## SOCIAL SKILLS ACTIVITY LIST

SOCIAL SKILL: SHOWING RESPECT

CASEL COMPETENCY: SOCIAL AWARENESS

Grade Levels	Prep Time	Activity Time	Materials	Activity Description
K-6	0-5 min	<10 min	Prepare a list of scenarios	<b>How Would It Feel?</b> Discuss what it means to borrow something from someone. Why is it important to get permission before borrowing someone else's property? How would you feel in the following scenarios: Your friend borrows your hair ribbon and loses it? She gives you another one, but it's not the same kind. You ask your brother if you can borrow his favorite shirt, and he says no. Your teacher lends you a book, and you lose it, etc. Discuss the importance of thinking about how our actions affect others.
K-6	0-5 min	<15 min	Whiteboard, markers, large bowl, large mixing spoon, apple, orange, banana, trail mix ingredients,	<b>We Are A Trail Mix!</b> Discuss with students what qualities we want in our friends and the kind of friends we want to be. Show the class the apple, orange, and banana. As a class discuss, what is the same and what is different about the fruit. Emphasize in their answers that just like the fruit, we are all alike and different in some ways. Ask the student to compare what is alike and different between classmates that helps us work together and be successful as a class. Remind them to use their manners when comparing their classmates and to use kind words. Get the big bowl and tell the students to brainstorm ideas of how we can have happy days at school and work together. Discuss each suggestion and elaborate on their ideas. For each idea, add one item to the trail mix. Once you finish, discuss how the trail mix is like your school. Discuss how colorful and diverse it is, and how everyone in the school helps bring an important aspect to the school.
K-6	0-5 min	<30 min	Whiteboard, markers	<b>Respectful Discussion</b> Think of someone who is respectful and talk about why they would be a good friend. Discuss why acting respectful is important. Make a list of things people say who are respectful. (Here are a few: "please." "Thank you." "I appreciate that." "May I hold the door?" "Pardon me." "I'm sorry I offended you.") List five ways we could show greater respect for our environment.
K-2	0-5 min	<15 min	Paper, glue, glitter	<b>Sparkle Statements</b> Use glue to write on bright-colored paper a few statements that respectful people would say to put a smile on someone else's face. Now carefully sprinkle the letters with glitter.
3-6	0-5 min	<30 min	Paper, pencils	<b>Respectful Write-Up</b> Write a paragraph describing how the world would be different if more people showed respect towards one another. Share some responses with the class or have students share with each other in their groups.

K-6	0-5 min	<15 min	Paper, scissors (to cut out words in respect before discussion)	<b>The Word Respect</b> Cut out the word Respect in large letters. Then have the students pick words that exemplify or are similar to respect that also correspond to the letters in the word respect.
K-6	0-5 min	<30 min	None	<b>What Respect Looks Like</b> Have students brainstorm what respect looks like in different situations (school, home, community, etc.).
K-6	0-5 min	<30 min	Whiteboard, markers	<b>Respectful Classmate</b> Brainstorm ways to be a good and a respectful classmate and write them on the board. Discuss ways to implement the ideas in everyday situations and make class goals.
K-6	0-5 min	<30 min	None	<b>Being Respectful To Ourselves</b> Discuss what it means to show respect to yourself. Brainstorm ways to be more respectful to yourself. Come up with disrespectful statements like "This is too hard," "I can't do this," "I'll never get any better," and think of statements to replace these that are more respectful such as "This may take some time and effort," or "I can always improve, so I'll keep trying."
K-2	0-5 min	<15 min	Internet	<b>Respect Video</b> Watch this video on respect, then discuss. <a href="https://www.youtube.com/watch?v=CDUutToKqzq">https://www.youtube.com/watch?v=CDUutToKqzq</a>
3-6	0-5 min	<45 min	Art materials, magazines, posters	<b>Self-Respect Collage</b> Give the children posters and hand out magazines, newspapers, markers, and other decorative art material. Have the children cut out words, write words and draw pictures of qualities that they think describe themselves. Encourage children to pick positive traits that are respectful.
K-6	0-5 min	<15 min	Toothpaste, plate	<b>Toothpaste Activity</b> Follow the link below and complete the activity with the class: <a href="http://corkboardconnections.blogspot.com/2013/10/teaching-children-not-to-be-rude.html?m=1">http://corkboardconnections.blogspot.com/2013/10/teaching-children-not-to-be-rude.html?m=1</a>
K-6	0-5 min	<30 min	Paper, pencils	<b>School for Respect</b> Brainstorm ways to make your school environment more respectful. Create a list of recommendations and place them in your school newspaper or on a poster. Describe three things you could do to be a more respectful person. How would that affect your relationships with others? How does it benefit you to be a respectful person?
K-6	0-5 min	<15 min	None	<b>Relating Respect to Different Skills Discussion</b> Discussion Questions: How is respect related to fairness? To caring? To the Golden Rule? To violence? What does respect have to do with the quality of your character? What are the benefits of people treating each other with respect?

K-6	0-5 min	<15 min	Whiteboard, markers	<p><b>Respect Synonyms</b> Have students make a list of synonyms for the word respect. For example: esteem, honor, regard, value, cherish, appreciate, admire, praise, compliment.</p>
K-6	0-5 min	<30 min	Whiteboard, markers	<p><b>Respecting Others</b> On the board, make a chart with three separate headings: Friends, Parents, and Teachers. Ask students to suggest ways they can show respect to the people who play such large roles in their lives. Write each suggestion under its appropriate heading. When students are out of ideas, ask them to discuss the part respect plays in each suggestion.</p>
K-6	0-5 min	<30 min	Paper, art supplies	<p><b>What Does Self-Respect Look Like?</b> What does healthy self-respect look like? Ask students to draw a picture of how they think they look when they feel proud of something they have done. Have them write a brief explanation of their drawing at the bottom of the picture describing what they did and why they are proud of it. Display the pictures on the bulletin board.</p>
K-6	0-5 min	<30 min	Paper, art supplies	<p><b>Nice Necklaces</b> Discuss how we can show respect to our friends. Refer to consideration and kindness. Give each child a sheet of paper folded in half. On one side ask them to draw a picture of a friend in a difficult situation (e.g. being teased or falling down). On the other half ask them to draw a picture to show how they could help their friend in this situation.</p> <p>Provide small strips of paper and ask students to draw a picture of a kind thing they have done on each strip. Link them together to form a necklace and allow the students to wear their "Nice Necklaces."</p>
K-6	0-5 min	<15 min	Art supplies	<p><b>Respect Poster</b> Make a poster of respectful acts and things to say. Follow the link for an example: <a href="http://merrybeau.edublogs.org/files/2012/09/School-199-27td5gj.jpg">http://merrybeau.edublogs.org/files/2012/09/School-199-27td5gj.jpg</a></p>
K-6	5-10 min	<30 min	Art supplies	<p><b>Respectful Chart</b> Use general ideas to make a chart of respect including the "who, what, when, where, and how."</p>
K-6	0-5 min	<30 min	None	<p><b>Getting to Know One Another</b> Explain that respect means understanding that different people like different things. Have the classroom gather in a circle, sitting on the floor or moving their desks into a circular fashion. Name a topic like "favorite foods" or "favorite hobbies" and go around the circle to allow each student to give an example of their personal favorite. Go around the circle one more time and have the students give an example of something another classmate named.</p>

K-6	0-5 min	<30 min	Paper, art supplies	<p><b>Respectful Hands</b> Practice firm handshakes in class with each other. Talk about how offering your hand and looking that person in the eye is a way to show respect. Discuss other ways our hands can show respect, applause, reaching out to help someone, putting our hand over our heart during the Pledge of Allegiance, handling delicate things with care, keeping our hands to ourselves, and cleaning up. Have students trace around their hand on a piece of paper. On each finger have them write a way to show respect for others. Encourage students to share some of the statements they have written. If possible, display the hands in the room or hallway.</p>
K-2	0-5 min	<15 min	Internet	<p><b>It's Not Easy Being Green</b> Play the song or video of Kermit the Frog singing "It's Not Easy Being Green" Discuss what it means to be different and how it feels. For example, Are you short or tall? Do you or someone you know have a physical disability? How do people from other countries and those who speak a different language feel? Ask the students to identify ways they can demonstrate respect to those people who are different from them.  <a href="https://www.youtube.com/watch?v=hpiIWMWWVco">https://www.youtube.com/watch?v=hpiIWMWWVco</a></p>
K-6	0-5 min	<30 min	Bowl of water, sugar, pepper, bar of soap	<p><b>Sweet Respect</b> Begin by sprinkling pepper liberally on the water. Tell the students that the pepper represents the people around them-classmates, teachers, friends and family. Discuss the fact that how we get along with people is largely determined by how we treat and speak to them. Our words can be very powerful tools, either for good or bad, and it's important to learn positive and respectful ways of speaking to others. Take the bar of soap and tell the students it represents unkind and hurtful language. Touch the bar of soap to the center of the water. The soap will repel the pepper and cause it to be dispersed to the side of the bowl. Tell students that when we speak unkindly to others, they will not want to be around us, and they will scatter just like the pepper. Take a teaspoon of sugar and pour it in the center of the water. Compare the sugar to the sweetness of kind and respectful words. (The pepper will be drawn to the sugar.)Tell the students that being respectful towards other people usually causes them to be drawn to us and want to be our friend.</p>
3-6	0-5 min	<30 min	None	<p><b>Respect Skit</b> Divide the students into groups of 3 -5 and ask each group to develop a short skit about respect. Each skit should show a student responding to a situation in a respectful manner. Have each group present their skit to the class.</p>
3-6	0-5 min	<10 min daily for one week	Paper, art supplies	<p><b>Compliment Planner</b> Everydaythisweekgiveasincerecomplimenttosomeone.Createaweeklyplannerthatwillhelpyou track your behavior. Each day you must write who you gave the compliment to and describe their reaction.</p>

K-6	0-5 min	<30 min	Paper, pencils, dictionary	<p><b>Define Respect</b> Look up the definition of respect and write it down. Now describe ways you have acted respectfully or disrespectfully this week. Make a list of people you think are respectful and why you added them to your list. Think of someone who is respectful and talk about why they would be a good friend.</p>
3-6	0-5 min	<30 min	Paper, pencils	<p><b>Courtesy</b> Suppose you're invited to your friend's home for a family dinner. What are some ways you could show respect and courtesy when you first arrive? At their table? When you leave? Write at least 50 words.</p>
3-6	0-5 min	<30 min	Poster, art supplies	<p><b>Respect Campaign Poster</b> Make a campaign poster about respect. Make sure you include the word "Respect" and two reasons why someone would want to vote for having respect at your school. You could use construction paper, felt pens, crayons, magazine cut-outs and templates. Have individuals or groups share their poster with the class.</p>
3-6	0-5 min	<30 min	Paper, pencils	<p><b>Respect Commercial</b> Write a commercial about respect. Try to sell respect so others will want to start using it. For instance, say something positive that might happen in the world if more people showed respect to one another. Have individuals or groups share their commercial with the class.</p>
K-6	0-5 min	<15 min	None	<p><b>Similarities and Differences</b> Different people have different likes and dislikes. To emphasize that point, you might invite each student to share something he or she likes very much. That might be a food, an activity, a place or anything else. After students share, ask some of the students to identify things that other students like but they don't like as much. Conclude the discussion by emphasizing that people should treat one another respectfully in spite of our differences.</p>
3-6	0-5 min	<30 min	None	<p><b>What Respect Doesn't Mean</b> After talking about some of the things respect means, start a class or small-group discussion about what respect does not mean. What kinds of behaviors could be considered disrespectful? Students might provide responses such as rudeness, malicious gossip, criticism, or insults. As a follow-up activity, ask students to offer synonyms for the word disrespect. For example, rudeness, dishonor, ridicule, scorn, disregard, ignore, or disdain.</p>

K-6	0-5 min	<30 min	None	<p><b>Discussion Questions About Respect</b></p> <p>Discussion Questions:</p> <p>Why is respect for feelings important?</p> <p>Why do some kids make fun of people who are different? Why is it important to respect differences?</p> <p>Suppose someone made fun of you. How would you feel?</p> <p>Everyone in the world is different from everyone else, but also similar in many, many ways. Name some of the differences and similarities between people.</p> <p>What are some ways to show respect to people who are different from you?</p> <p>What are some of the reasons we have rules? Why is it important to respect rules?</p> <p>Who are some of the people whose job it is to see that rules are followed? What can happen when rules are broken?</p> <p>What is meant by self-respect?</p>
3-6	0-5 min	<30 min	Writing materials	<p><b>Respectful To Do and Don'ts List</b></p> <p>Divide the class into small groups. Have each group develop a list of do's and don'ts for being a respectful person. Have them make oral reports to the class addressing the following questions: What happens when people live in accordance with these guidelines. What happens when they don't? In what ways does respectful and disrespectful behavior affect our community and society?</p>
K-2	0-5 min	<15 min	None	<p><b>Proper Greetings and Goodbyes</b></p> <p>Brainstorm with your little ones ways that you can show love, greet someone, or say goodbye. Here are some things we try: waving, saying something nice, a high five, a smile, blowing a kiss or throwing a hug. A special handshake could be a light and fun way to greet someone too.</p>
K-6	0-5 min	<30 min	Oranges	<p><b>Orange Metaphor</b></p> <p>Follow the link for the complete lesson plan:  <a href="http://www.education.com/activity/article/Universal_a_peel_kinder/">http://www.education.com/activity/article/Universal_a_peel_kinder/</a></p>
3-6	5-10 min	<30 min	Survey	<p><b>Bullying Survey</b></p> <p>Students anonymously complete a survey about their experiences with bullying. Evaluate the results and discuss solutions to the problem.</p> <p>Survey: <a href="http://www.tolerance.org/sites/default/files/files/documents/bully_early_handout1.pdf">http://www.tolerance.org/sites/default/files/files/documents/bully_early_handout1.pdf</a></p>
K-6	0-5 min	<30 min	Posters, art supplies	<p><b>Respect Resolution Posters</b></p> <p>Students discuss conflict resolution techniques and color posters about those techniques.</p>

3-6	0-5 min	<45 min	Use the blackboard or use art supplies: markers, white poster board,	<b>Bill of Rights</b> Students work together to create a Bill of Rights for a colony they are founding on a distant planet.
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