

# Respect

Hello Parents and Guardians,  
 Welcome to Unit 1 of our Kindness in the Classroom curriculum. For the next 6 weeks we will be learning all about RESPECT. We will dedicate 30 minutes once a week for our main lesson, with a few 15 minute mini lessons sprinkled throughout our week to help your child go deeper with the concept. We will end the unit with a project that we will all work on together. Since this topic is already known by many of our students this year, we will be diving deeper as we explore the following topics:

## GOALS FOR THIS UNIT

- ✓ Utilize healthy self-care strategies as a demonstration of self-respect
- ✓ Expand understanding of respect from a biological, brain-based perspective
- ✓ Recognize that respect is a fundamental human right

TOPIC	QUESTIONS WE'LL BE EXPLORING	HOW YOU CAN HELP
<b>Self-Respect &amp; Mindset</b>	<ul style="list-style-type: none"> <li>● How can we show ourselves respect?</li> <li>● How do we treat ourselves with kindness?</li> <li>● How can we shape our mindset from a fixed mindset to a growth mindset?</li> </ul>	Talk with your student about the importance of respecting yourself in everything you think, say, and do! Respect starts with YOU. Also ask them what it means to have a fixed mindset vs. a growth mindset. Then evaluate: How fixed or fluid is your mindset?
<b>Self-Image &amp; Self-Esteem</b>	<ul style="list-style-type: none"> <li>● What influences our self-image and our self-esteem, and how can we have healthy visions of both?</li> </ul>	Think about how you feel and speak about yourself. Are you communicating healthy self-image and self-esteem messages? As your eighth-grader's body and mind change and develop, it is critical to reinforce mind- and body-positive messages at home.
<b>Respect as a Human Right</b>	<ul style="list-style-type: none"> <li>● How can we ensure everyone, everywhere is afforded the respect that he or she has earned and deserves?</li> </ul>	Often we think of respect as something that must be earned rather than an inherent right. But, in reality, everyone has the right to be respected until he or she abuses or disregards that right. It can be easy to dismiss the idea of respecting others based on surface-level differences, but we need to remember that respect begins as a fundamental human right.

## TRY THIS AT HOME!

As a family, each person discusses one thing he or she just assume you cannot do or cannot do well. Then, set a goal to do that thing! You must believe you can grow in your knowledge, skill, and ability (growth mindset) - and then work to make it happen. Write your goals down and post them where other family members can keep you accountable. If you want to learn more about having a growth mindset, ask your 8th grader!

This is just the beginning! We will be working through our Kindness in the Classroom curriculum throughout the year. Please join us on this journey using this handout and the at home activity as a way to connect with your student regarding our unit concept. Feel free to contact me with any questions or comments as we move forward.

Sincerely,