

Golden Rule

C I V I L I T Y

Where People Treatment Meets Civility

Lesson Name: You Have Value

Lesson Theme: Respecting Ourselves

Overall Goal:

The goal of this lesson is to introduce the concept of respect for one's self.

Rationale:

To live by the Golden Rule means understanding how we would like to be treated. Children need to understand that they have great worth and value. Treating ourselves with respect and kindness allows us to live by the Golden Rule.

Age appropriate for: Ages 3-8

Learning Objectives	Social Competencies	Essential Skills
1. Understand what it means to have self-respect	Taking care of self allows others to acknowledge that we have self-respect. As we develop self-respect, others will learn how to respect us.	Essential Skills involved with respect are: Oral Communication, Working with Others and developing Self-Awareness.
2. Understand what it means to respect yourself	Children understand that they deserve respect in same way that adults do.	
3. How to show respect for people and for things	Children understand the behaviours that show respect to others and for things, how to demonstrate these behaviours.	

Supplies you will need:

- Pencils
- Washable markers
- Handouts

Recommended Reading for Trainer:

Resource 1) <https://www.parents.com/toddlers-preschoolers/development/social/boost-your-childs-self-esteem/>

Resource 2) <https://kidsvillage.com/teaching-children-self-worth/>

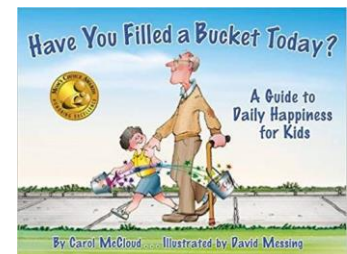
Resource 3) To be used for class:

Free Yoga Printables: <https://childhood101.com/yoga-ideas-for-kids/>

Add-on Sources and Resources e.g.,

- Children's book(s)

Resource 1) **Have You Filled a Bucket Today?: A Guide to Daily Happiness for Kids** (Carol McCloud)



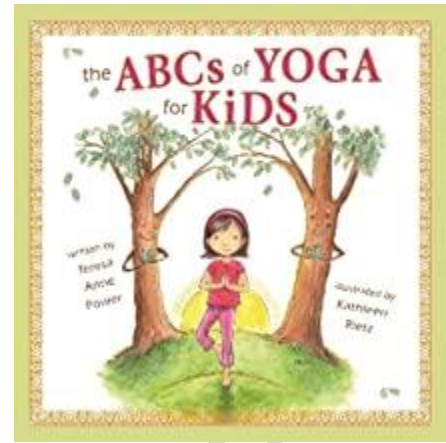
Through simple prose and vivid illustrations, this heartwarming book encourages positive behavior as children see how rewarding it is to express daily kindness, appreciation, and love. Bucket filling and dipping are effective metaphors for understanding the effects of our actions and words on the well being of others and ourselves.

Source and Image Source: <https://www.amazon.ca/Filled-Bucket-Today-Guide-Happiness/dp/0978507517>

Resource 2) **The ABCs of Yoga for Kids** (Teresa Ann Power)

The ABCs of Yoga for Kids uses the alphabet, rhyming vignettes, and colorful illustrations to

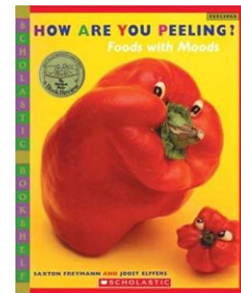
introduce children to yoga in a kid-friendly way. Each of the 56 different poses featured in the book delightfully promote flexibility, strength, and coordination while encouraging children to incorporate healthy activity into their daily lives. Yoga is a noncompetitive form of exercise, suitable for children (and adults) of all ages and athletic abilities. Any activity for young children is important because the nation, including our youth, is under siege by obesity, stress, and diseases like diabetes, which stem from poor diet and lack of exercise. Yoga for young kids will create good habits and a foundation for well-being. Children have a lot of fun learning new positions, new letters, and new ideas.



Source and Image Source: https://www.amazon.ca/ABCs-Yoga-Kids-Teresa-Power/dp/0982258704/ref=sr_1_fkmr0_1?keywords=The+ABCs+of+Yoga+for+Kids+%28Teresa+Ann+Power%29&qid=1579105788&s=books&sr=1-1-fkmr0

Resource 3) How Are You Peeling?: Foods with Moods (Saxton Freymann)

What better way for a child to identify different emotions than with the very expressive "faces" of fruits and vegetables! Simple rhyming text and a bright array of emotional produce make this the perfect introduction to the complex world of feeling.



Source and Image Source: https://www.amazon.ca/How-Are-You-Peeling-Foods/dp/0439598419/ref=sr_1_1?crid=2FZVCZ1XWRNZY&keywords=how+are+you+peeling&qid=1579106044&s=books&sprefix=How+are+%2Cstripbooks%2C172&sr=1-1

☐ YouTube Clips

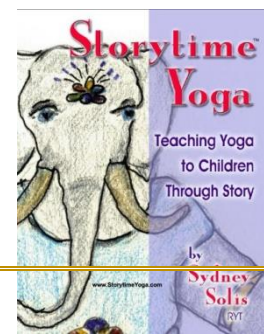
Resource 1) Cosmic Kids Yoga (Youtube) <https://www.youtube.com/user/CosmicKidsYoga>

Resource 2) Henry and Leslie: A Children's Story About Confidence and Self-Love: <https://www.youtube.com/watch?v=A2RIHM8xfmM>

For Parent(s)/Grandparent(s)/Caregivers:

Resource 1) <https://www.todayparent.com/family/parenting/how-to-build-your-childs-self-esteem/>

Resource 2) Storytime Yoga: Teaching Yoga to Children Through Story (Sydney Solis)



Storytime Yoga seeks to enlighten young minds with the magic of yoga while recounting some of the world's most delightful, instructive stories in a way that encourages literacy and vibrant physical health. Designed for parents, teachers and anyone interested in working with kids from Pre-K through 6th grade, it is packed with inspired and yet practical information. Here you'll find classical Hatha yoga poses used as gestural illustrations of a series of specially rewritten "teaching stores," about the importance of love, generosity, peace and friendship. There are captivating tales ranging from the Rabbit in the Moon (India) to the Magic Pear Tree (China) and the Shipwrecked Sailor (Egypt) along with many more.

Source and Source Image: <https://www.amazon.ca/Storytime-Yoga%C2%AE-Teaching-Children-Through-ebook/dp/B0093GS4J6>

Resource 3) Listening to My Body (Gabi Garcia)

This engaging and interactive book guides children through the practice of naming their feelings and the physical sensations that accompany them.

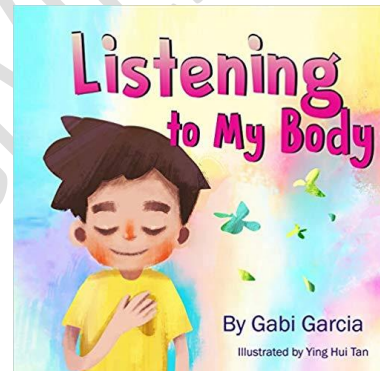
From wiggly and squirmy to rested and still, *Listening to My Body* helps children develop a sensations vocabulary so that they can express what they are experiencing.

Easy, kid-friendly mindfulness activities are woven throughout to reinforce the teachings.

Big emotions can be overwhelming! Help your child build on their capacity to engage more mindfully, self-regulate, and develop emotional resilience.

Free resources to accompany this book can be found at <http://bit.ly/gabigarciabooks>.

Source and Source Image: <https://www.amazon.ca/Listening-Body-understand-connection-sensations/dp/099895800X>



Additional Activities:

Cosmic Kids Yoga (Youtube) <https://www.youtube.com/user/CosmicKidsYoga>

Bath Bombs for Kids <https://www.honestlymodern.com/how-to-make-homemade-bath-bombs-with-kids/>

Catch the Compliment Game: <https://www.verywellfamily.com/develop-self-esteem-with-interactive-games-2162838>

Length of Session: 1 hour

Handouts:

Activity for Classroom Included

Activity A) for older children:

http://plantlovegrow.com/uploads/3/4/5/0/34500811/what_i_love_about_my_body.pdf

Activity B) Free Yoga Printables: <https://childhood101.com/yoga-ideas-for-kids/>

Activity for Take-home Included

Activity C) <https://kristinamarcelli.wordpress.com/2015/09/20/self-esteem-pizza/>

Terms to Know:

Respect- a feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements. Understanding that each of us has value, because each of us is a gift, and that each of us has a gift to offer the world

Self-respect- pride and confidence in oneself; a feeling that one is behaving with honor and dignity.

Confidence- the feeling or belief that one can rely on someone or something; firm trust.

Self-esteem- confidence in one's own worth or abilities; self-respect.

Neglect- fail to care for properly.

Trainer's Script:

SAY: We've previously chatted about the word RESPECT

Remind me...what does it mean again? (allow space for children to answer)

Today we're going to learn about respecting ourselves, or "self-respect".

We respect ourselves in so many ways. We give our bodies healthy food, we say positive things to ourselves, we keep our bodies clean, we play so our bodies stay strong.

When we show ourselves respect, we are telling other people that we respect them too. This also makes us feel great about ourselves, or increases our self-esteem!

We're going to go around the room, and I want you to tell us one thing you like about yourself (answers may vary - could be more focused. allow children the option to pass if they are uncomfortable and perhaps tell them something YOU like about them)

DO: Older Ages: Have the children complete the following worksheet: (allow 10 minutes) - maybe adapt this to 3 things instead of 5...

http://plantlovegrow.com/uploads/3/4/5/0/34500811/what_i_love_about_my_body.pdf

DO: Allow children to share 1 thing off of their sheet if time permits.

SAY: For older children you may further the conversation with: **Sometimes we neglect to care for ourselves - in what ways might we neglect ourselves? Why do we neglect ourselves?**

*Children may answer with things like forgetting to eat, brush teeth, are angry with ourselves... may neglect ourselves due to being sick, having a bad day, etc.

*For younger children **Sometimes we forget to do things that are showing respect to our body. Sometimes we forget to do things like brush our teeth, say mean things to ourselves etc. It is important we keep our bodies and our minds healthy so we can be the best version of ourselves we can be!**

(Allow for a break)

SAY: One way we can show ourselves respect is by doing some stretches and some deep breathing. (insert a guided meditation or yoga including breathing activity here- about 15 minutes worth)

Free Yoga Printables: <https://childhood101.com/yoga-ideas-for-kids/>

Then go around the room and ask the children:

ASK: How this exercise make you feel? (allow for about 5 minutes of discussion). You may also choose to express it through drawing. (Allow 5-10 minutes for drawing)

SAY: When we feel good about ourselves, we have high self-esteem and feel confident. This means we are at our best selves when we are happy and have self-respect. When I feel

confident, I am able to _____. What can you do when you have high self-esteem and feel confident? (allow for 5-10 minutes of discussion) (offer suggestions like be great listeners, learners, follow instructions, etc)

Recap (10 minutes):

SAY: Self-respect means that we are caring for ourselves - our bodies and our minds. We've learned that sometimes we neglect our bodies and that it is important to do our best to take care of our mind and body. We can do this in so many ways, through stretching, eating, self-care (brushing teeth/bathing for younger children).

ACTIVITY

SAY: Let's find out what we have learned today!

ASK:

1) When I respect myself I...

- * take care of my mind, body and emotions
- * don't take a bath for 3 whole weeks!
- * refuse to brush my teeth every night

2) One way I can respect myself is by...

- * telling myself something positive each day
- * telling myself something mean (negative) each day
- * throwing food all around the room

3) Self Esteem means...

- * how I feel about myself
- * how I feel about my teacher
- * how I feel about my friends

4) Neglect means...

- * I forgot or ignored doing something important. It wasn't taken care of.
- * I have high self esteem
- * I brushed my hair

SUN SALUTATION FOR KIDS

Look up at the sky

Stand tall with your legs hip width apart, feet facing forward, arms alongside your body. Inhale deeply, look up and reach your arms to the sky. Say, "Hello, sun in the sky!"



Pretend to be a jellyfish

Exhale, bend your upper body, reach for your toes and pretend your arms are jellyfish tentacles. Say, "Hello, jellyfish in the sea!"



Pretend to be a sand castle

Place your palms flat on the ground, inhale and step your right foot back. Keep your back flat and your chest open, pretending to be a sand castle. Say, "Hello, sand castle on the beach!"



Pretend to be a dolphin

Exhale and step your left foot back to create an upside-down V. Straighten your legs, relax your neck and look down between your legs. Imagine being a dolphin gliding through the waves. Take 5 deep breaths. Say, "Hello, dolphin in the waves!"



Pretend to be a crab

As you inhale, shift forward, drop your knees, and come to an all-fours position. Imagine you are a crab scuttling across the sand. Say, "Hello, crab on the sand!"



Pretend to be an urchin

As you exhale, sit on your heels, keeping palms flat in front of you, rest your head on the mat. Bring your arms back alongside your body and imagine being an urchin floating. Say, "Hello, urchin resting on a rock!"



Reverse the steps back to standing. Then repeat the sequence on the left side.

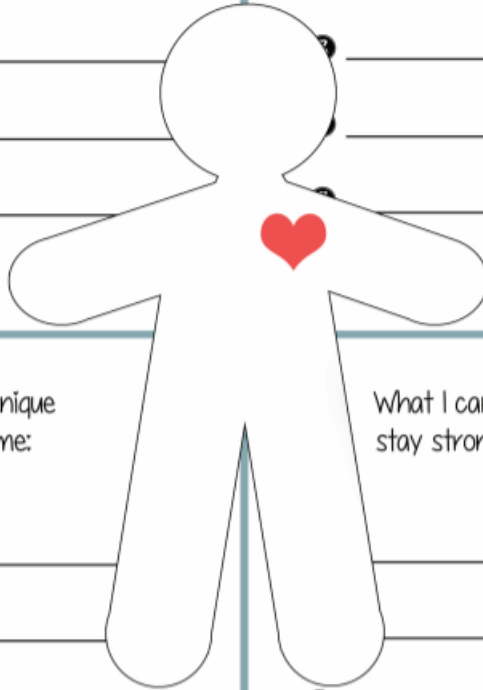
printable yoga poster

What my body does for me:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

What I love about my body:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



What's unique about me:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

What I can do to help it stay strong and healthy:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

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