

# RESPECT

I can RESPECT myself, others, places & things.

## MYSELF

Respecting myself looks like:

- Making healthy choices.
- Setting boundaries about how I expect to be treated.
- Knowing my value.
- Eating healthy foods.
- Ignoring unhelpful thoughts.
- Taking education seriously.
- Taking care of myself when I'm sick.
- Following rules.
- Being a truthful person.
- Trying my best, always.
- Not giving up.
- Showing thanks & gratitude.
- Being a kind person.
- Thinking positive thoughts.
- Keeping myself clean.
- Forgiving myself.
- Forgiving others.
- Not feeling guilty for taking a break.

## OTHERS

Respecting others looks like:

- Treating others the way I want to be treated.
- Knowing their value.
- Accepting others the way they are.
- Understanding their boundaries.
- Helping them if they need it.
- Listening without interrupting.
- Supporting their ideas without making fun of them.
- Taking turns & sharing.
- Playing fair.
- Using good manners.
- Being quiet when others are concentrating.
- Listening to the speaker/teacher.
- Including others.
- Staying out of their personal space.
- Keeping my hands to myself.
- Being considerate of their time.
- Saying thanks when they help.
- Complimenting them and making them feel better than they did before I showed up.
- Helping with chores and doing my part.

## PLACES/ THINGS

Respecting places & things looks like:

- Keeping clothes and space clean.
- Fixing things that are broken.
- Being careful not to damage things.
- Picking up my mess.
- Following the rules of a place even if I don't understand why they have them.
- Leaving a place looking better than before I got there.
- Handling things carefully or gently.
- Asking permission before touching things.

