

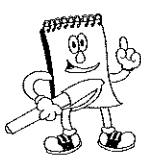


## Session 4

# Respecting others

Explain that today we are going to

- ❖ identify what it means to have respect
- ❖ discuss ways of showing respect for others
- ❖ talk about someone we respect in our lives



You will need

- ❖ Activity Sheet 6 - 2 copies, cut up
- ❖ Activity Sheet 7 - one copy per pair
- ❖ coloured pencils

Looking back

Ask the group to think of a time last week when they showed they cared for someone else.

- ❖ What did you do?



*“Last week we discussed the ways we show others we care for them. This week we will look at how we can respect ourselves and others.”*



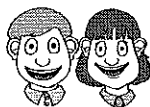
10 mins

### Activity 1 - Spelling it out

1. Explain to students they will be using the letters in the word ‘respect’ to make up a sentence.
2. Split students into 2 groups, one Peer leader with each group.
3. Peer leader hands each student a word from Activity Sheet 6.
4. Students use coloured pencils to colour in their word.
5. Once students have finished colouring, the Peer leader asks each student to place their word in order to spell out the word ‘respect’.
6. Peer leader asks one student to read out the sentence.
7. Bring the group together.



## Let's chat



- ❖ What is respect?  
(Hint - accepting others and treating them well)
- ❖ How can we show others that we respect them?



5 mins

## Activity 2 - Respect the rhythm

1. Explain to students they will be spelling out the word 'respect'.
2. Ask students to sit in a circle.
3. One Peer leader demonstrates this activity by slapping their thighs twice, clapping twice, then clicking their fingers.
4. The same Peer leader repeats the process with all students joining in.
5. When the Peer leader reaches the clicks, they start to spell the word 'respect'.  
eg slap, slap, clap, clap, click ('r').
6. The person to the left of the Peer leader adds a letter at the clicks, eg click ('r'), click ('e')
7. Continue around the circle until the word 'respect' is spelled out. The number of clicks will be the same as the number of letters, eg 'r', 'e', 's', 'p' will be 4 clicks.
8. Repeat the activity until everyone has had a turn. Try to go faster each time.



10 mins

## Activity 3 - The road to respect

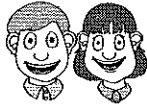


*"We can show respect for others by the way we treat them."*

1. Split students into groups of 3.
2. Peer leaders hand out one copy of Activity Sheet 7 to each group.
3. Explain that the aim is to follow the road to reach the 'Certificate of Respect' at the end.
4. Students use a coloured pencil to trace their path along the road.
5. When the group reaches a fork in the road, one student reads the situation on the signpost and the 2 choices.
6. The other students select the best choice and follow that path either until it reaches a dead end, or another choice.
7. When a letter on the path is passed, one student in the group circles the letter.
8. Students take turns reading the situation and tracing their path on the road until they reach the end.
9. Bring the group together.



### Let's chat



- ❖ What word was spelled out at the end?
- ❖ Can you suggest other ways in which we might be able to show respect for others?



5 mins

### Activity 4 - Respectfully yours

1. Ask students to think about a person they respect and why they respect that person.
2. One Peer leader starts by saying eg "I show respect for my Nana, because I listen to her advice."
3. The student to the left of the Peer leader then says "I show respect for \_\_\_\_\_ because I \_\_\_\_\_."

#### Peer Leader's Notes

- include family, friends, teachers, coaches, etc

We show respect by

- helping others
- doing things for them
- listening to others
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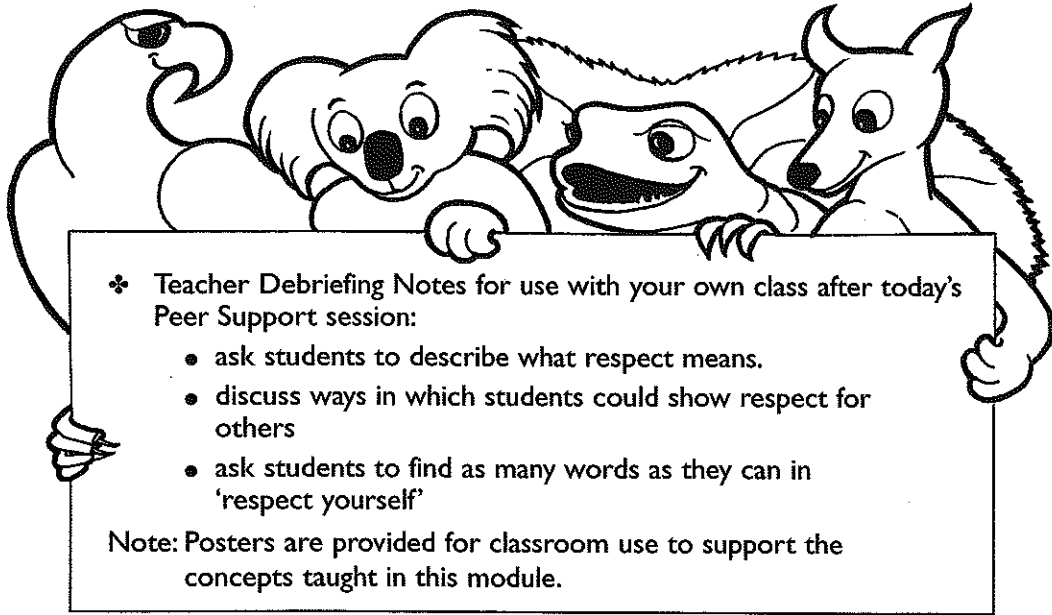
4. Continue around the circle until everyone has had a turn.



*"We show our respect for others in what we think, say and do."*

### Finishing off

- ❖ Ask the students what they liked about Peer Support today
- ❖ Ask students to be respectful towards others during the week
- ❖ What can we tell our families about Peer Support this week?
- ❖ Thank everyone for taking part today





Activity Sheet 6  
Spelling it out

**R**EMEMBER

**E**VERY

**S**INGLE

**P**ERSON

**E**XPECTS

**C**COURTESY

**T**ODAY

**R**EMEMBER

**E**VERY

**S**INGLE

**P**ERSON

**E**XPECTS

**C**COURTESY

**T**ODAY



# Activity Sheet 7

## Road to respect



**You see someone get hurt, so you...**

laugh

help them

**R**

**Q**

**Your teacher asks you to put something away, so you...**

ignore them

do what you are asked

**F**

**E**

**Your Mum buys you a new pet, so you...**

help take care of it

let someone else take care of it

**Z**

**S**

**Someone pushes in front of you at the canteen, so you...**

ask them politely to go to the back of the line

**P**

ask them to play

**Your friend is feeling lonely, so you...**

try to avoid them

**E**

yell at them to get out

**M**

**A younger brother or sister wants to borrow a tennis ball, so you...**

say OK and ask them to return it

**C**

**A classmate has a different opinion to you, so you...**

ask them why they feel that way and listen

**W**

try to avoid them

**A**

tell them to get their own ball

tell them they are wrong

**T**

**D**

**Certificate of Respect**