MINDFUL MOMENTS

Skill: Respect

Activity: What Makes Someone Respected? (Activity timely after an incident of vandalism or disrespect of property or person).

Equipment: Paper, pencils, and whiteboard or easel pad

Goal: Students will develop a list of people that they respect and why

Time Allotment: 10 minutes and time to share in small groups or with class

- Provide each student with ½ sheet of paper and pencil.
- Ask them to write down 3 people that they believe are respectful and why they consider them respectful.
- Have the students list the reasons why they considered those listed to be respectful.

Debrief:

Are there common reasons/characteristics that are listed?
Of those characteristics, which is most important?
Ask each student to identify one of the characteristics and think about how they might adopt it to be more respectful. (This can be done personally or can be used as an extension of the classroom discussion).