

RESPECT



Start With Sorry & Respect: Family Lesson

Empower

When we treat ourselves with respect and kindness, we build the foundation needed to truly respect, care for, and repair with others. Practicing kindness towards our own bodies and minds—by speaking kindly to ourselves (“You did your best today, Sam!”), making healthy choices (getting enough sleep, eating nourishing food, taking breaks)—helps us feel good and strong.

But even with our best intentions, everyone makes mistakes. Real respect means having the courage to notice when we’ve done wrong, start with “sorry,” and make it right—with ourselves and with others. Respect is also treating people, places, and things with kindness, and making amends when needed.

Discussion: Kindness & Respect Round Robin

Gather your family in a comfortable space and play this game together:

- Form a circle and use a soft item (ball or cushion) for tossing.
- The first person finishes these prompts (choose different ones as you go around):
 - “I show respect to myself when I...”
 - “I show kindness to myself when I...”
 - “I show respect to someone else when I...”
 - “I show kindness to someone else when I...”
 - “I start with sorry when... (e.g., When I hurt someone’s feelings, I say sorry and try to make it right.)”

Toss the item to another person after sharing. Continue until everyone has shared something for each theme.



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Journaling

Reflect in your journal with one or more of these activities:

- **Draw** a self-portrait and write three kind or respectful words you would say to yourself after making a mistake.
- **Create** a Kindness & Repair weekly plan. List or draw what you do each day for yourself (self-care) and one thing you do to show kindness or repair in your family (helping out, saying sorry, sharing).
- **Writing Prompt:** “How does saying sorry—either to yourself or someone else—help you feel more respect and kindness inside? How could you practice this more often?”

Gentle Action

Kindness sometimes means making amends and starting with sorry. Try these challenges:

- Identify an area in your day that gets overlooked (relaxation, screen-free time, exercise, talking kindly to yourself). Make a personal self-care and repair goal for the week, and track it in your journal.
- Think of one simple way to help someone else care for themselves—or to fix a mistake you made (e.g., do an extra chore for a family member or help someone with a task).
- If you notice a situation that could use an apology or a little repair, try being the first to step up—say sorry, offer to help, or show kindness.

Remember:

Starting with sorry builds respect and kindness “from the inside out.” Practicing these skills every day will help you create a more caring, strong, and joyful home—one word and one kind action at a time.

