

RESPECT



Start With Sorry & Respect: Home Lesson

Empower

When we respect ourselves, we're more prepared to respect and repair with others. Showing respect isn't just about kindness—it's also about having the courage to notice when we've made a mistake and start with "sorry." Whether we're choosing kind words for ourselves ("You tried your best today, Jamie!") or repairing with others ("I'm sorry I forgot to help, can I make it right?"), real respect combines self-care and the willingness to apologise.

This week, focus as a family on two powerful questions:

- How do you respect yourself through daily choices and care?
- How do you repair and start with sorry when mistakes happen—with yourself and others?

Respect Relay

A high-energy game that gets everyone moving while sharing ways to show respect in daily life.

Setup:

- Create a relay course in your living room, yard, or hallway (weave between chairs, around a table, to a marker and back).
- Choose a small object (like a soft toy or rolled-up sock) as a relay "baton."

How to Play:

1. The first person holds the baton, announces one way they show respect to others or themselves (for example: "I listen when someone talks," or "I pick up my belongings").
2. They run or complete the course and hand the baton to the next person.
3. Each next person shares a different way they show respect before running the course.
4. If someone can't think of one, the family helps brainstorm respectful behaviours together.
5. Continue until everyone has had a turn (or several turns for added fun).

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Journaling

Building respect and learning to apologise starts inside. Choose one prompt:

- **Draw** a self-portrait and write 3 kind words you would say to yourself after a mistake.
- **Make a “Repair Plan”:** Write or draw what you might do (or say) the next time you need to start with sorry at home.
- **Writing Prompt:** How does taking responsibility and saying sorry help you show more respect to yourself and others?

Gentle Action

True kindness sometimes means making amends. For an extra challenge:

- **Reflect:** Is there an area in your life or relationships where you could offer an overdue apology or make something right?
- **Set a goal:** This week, practice “starting with sorry” at least once—whether to yourself (forgiving a mistake) or to someone at home.
- **Inspire others:** Do a helpful act that gives someone time for self-care—like finishing a chore or offering to help out (and, if needed, apologise for anything you’d like to make right).

Remember:

You can’t fully respect others without also respecting—and repairing with—yourself!

