

# LINX EDUCATIONAL INSTRUCTOR'S GUIDE

## RESPECT RULES: Living a Respectful Life

### ACTIVITY 1. RANDOM ACTS OF KINDNESS

A few years ago, someone suggested that we could all become more respectful, kind, and caring by performing RANDOM ACTS OF KINDNESS. In this activity, LIST the Acts of Kindness that you can perform for friends and family today and during the next week. For example, if your mom works, and she normally prepares dinner when she gets home, you might have dinner ready for your family when your mom arrives home from work. As a class, discuss the Acts of Kindness that you can recall observing or that someone has done for you or someone you know.

Name \_\_\_\_\_

Act \_\_\_\_\_

Name \_\_\_\_\_

Act \_\_\_\_\_

Name \_\_\_\_\_

Act \_\_\_\_\_

### ACTIVITY 2. RESPECT RULES: ROLE PLAY

Divide the class into teams of 4-6 students. Each team selects a leader and a recorder. The leader keeps the team on task as they discuss examples of disrespect in behavior or words, whether at school, at home, at work, or in the mall, etc. The recorder makes a list of these examples. Each team then selects from this list 2-3 examples to role play. Prepare the role play in each group, first presenting the disrespectful behavior, then presenting it as it should be to show respect. Then each group selects the one role play they want to present to the entire class. Following each team's presentation, the rest of the class has the opportunity to comment on other ways the same situation could have been handled to show respect.

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## ACTIVITY 3. LIVING A RESPECTFUL LIFE COLLAGE

A collage is a collection of pictures, photos and other images that are pasted or glued onto paper to present a "picture" of you, your life, your values or something you believe in. Make a collage that shows RESPECT, COURTESY, KINDNESS, THOUGHTFULNESS.

Teacher supplies needed: magazines, photos, 11" x 14" construction or other paper, scissors, glue, felt-tip markers.

As collages are completed, have students tell the class why they selected the pictures they did. Display the collages throughout the classroom.

## ACTIVITY 4. R.A.F.T – WRITING FOR RESPECT

This activity encourages the development of creative writing skills. A R.A.F.T. is a story, commercial, letter, email message or other communication that has a specific purpose and format.

Divide the class into teams of 4-6 students. Each team will write a R.A.F.T. which consists of the following:

R is the ROLE; for example: reporter, teacher, or parent. This is the person writing the message.

A is the AUDIENCE to whom it's addressed; for example: students, friends, family, TV listeners.

F is the FORMAT; that is a story, tv commercial, poem, cheer, letter, email message, or other format the team selects.

T is the TOPIC. In this case, the topic is RESPECT.

Each team is to write a R.A.F.T. by deciding the Role of the writer, the Audience to whom it's addressed, and the Format on the topic of RESPECT. These can be serious, comical, fun, witty, and very creative. [It's a fun activity to use with ANY topic in any class.]

When all have finished, have each team read their message about Respect to the entire group.

## ACTIVITY 5. DESTRESS: COUNT TO 10!

In the video you learned that at times, anybody can have a bad day, feel stressed, moody, and treat someone disrespectfully.

This activity may be done individually, in teams or as a class activity. Have students discuss what makes them feel stressed or gets them in a lousy mood. Talk about the results when they have taken that stress out on another person. Select a recorder to list the suggestions on the chalkboard or poster board, then have students suggest ways to keep it together, to keep their emotions in check, keep their cool.

### Here are some things they might include:

Write down your feelings.

Take deep breaths.

Count to 10.

Go for a jog, walk, or run.

Listen to favorite music.

Call a friend.

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