

Character & Virtue

Activity Sheet



RESPECT

The definition of respect means to honor and have esteem for another person due to admiration or authority.

How do we show respect in our daily lives? Using our manners, being courteous and polite to everyone is one way of showing respect.

We can even show respect for our things and the things that belong to others by taking care of them. I've listed a few things below that you can do to encourage your family to get involved in or do on your own. When we care for others we show respect.

ACTIVITIES & EXERCISES FOR RESPECT

Make eye contact with everyone you talk to. Smile, even. Put down your phones for real conversations.

Say yes, sir and no, sir, yes miss and no, miss to those in authority. Thank a serviceman or woman.

Be kind to someone who doesn't deserve it. (That's a hard one!)

Hold doors open for elderly and women with children.

It's not too hard. Start small. But ACT. You have to do something for 21 days for it to become a habit. It will make a difference in your life and the life of those you care about.

LIST 10 THINGS /PEOPLE THAT YOU RESPECT:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

WHAT ARE SOME DAILY ACTIVITIES YOU COULD DO TO SHOW RESPECT?

***SCHEDULE THEM IN YOUR CALENDAR/PLANNER

GOOD BOOKS TO READ:

- Attitude 101 by John Maxwell
- 7 Habits of Highly Successful People by Stephen Covey

