

Taking it home: Respect



1. ENGAGE

Honor Each Other. Pick one day for each family member to be honored this month. On that person's day, that family member gets to have the "cup of honor", a unique and special cup. Each family member then names one thing they appreciate about the honoree during a meal together. You can continue that practice after this month for friends and other family members to be the honored when they visit.



2. EMPOWER

Practice Forgiveness. Acknowledge that we all mess up. Ask each family member about a time they messed up at school, home, or anywhere else. What do they appreciate from others when they make a mistake? Discuss: "Mistakes don't define us, but how we respond to mistakes will." How can we show honor for each other, even in a conflict?

Respect is not only an important character trait but can also be source of real joy.. Respect implies a certain appreciation which makes us more aware of the needs and feelings of others. Respect comes in many forms: respect for life, for property, for parents, for elders, for nature, and for the beliefs and rights of others. Courtesy, politeness, and manners. Self-respect and the avoidance of self-criticism. The main thing to remember is that respect isn't given consistently unless it is received. We need first to respect our children in terms of how we speak to them and how we treat them. This can be the foundation on which to build respect for others outside the home.



3. EXCEL

Honor Those Who Serve.

One way to honor someone is to ask them to share their story. Is there a Veteran in your family? Consider interviewing that person about their military experience. You can also plan a random act of kindness for a service member or community member you think is overdue for an affirmation.

CONVERSATION STARTERS

- ☐ What is something you want LESS of in 2022? Why?
- ☐ What is something you want MORE of in 2022? Why?
- ☐ What makes you feel respected? Disrespected? Why?

