

MINDFUL MENTALITY

RESPECT

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children connect with their emotions and gain a better understanding of themselves. Mindfulness can support this learning and help them develop a kind and inclusive mentality. By incorporating mindfulness and SEL into early learning, students can establish this mentality early and be better equipped to build strong connections and communities.

BEFORE READING

Talk to the reader about respect.

Discuss: What does respect mean to you?
How do you show it? How do people respect you?

AFTER READING

Talk to the reader about what he or she learned about respect from this book.

Discuss: What are some other ways you can show respect? Have you ever felt disrespected? How did it make you feel?

SEL GOAL

Increasing self-awareness can increase self-respect. Have students think about a person they respect. Have them write a list of traits that person has that they respect. Then have them write a list of their own traits. Ask students to compare the two lists. Which traits are similar? Which traits are different? How can they work to show the traits they respect?

GOALS AND TOOLS

GROW WITH GOALS

There are many ways to show respect. Try these goals!

Goal: Think of people you respect. Why do you respect them? Write down ways that they show respect to others.

Goal: Using manners is one way to show respect. Choose a day to focus on saying please, thank you, and you're welcome.

Goal: Be a role model. Others will learn how to be respectful when they see you treating people with respect.

MINDFULNESS EXERCISE

Feeling down about yourself? Mindfulness can help you build self-respect!

1. Think about yourself. What do you like about yourself? Think positively!
2. Reflect on your positive traits. Write them down as a list.
3. Put that list in a place where you will see it each day.
4. When you see the list, stop and read it slowly. Think about each trait. Reflect on what you like about yourself and why.



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