

MY RESPECT GOALS

TWO IMPORTANT WAYS TO SHOW RESPECT

1. Listening

I've practiced really listening to:

- A parent or caregiver
- A teacher
- A friend
- A sibling
- Someone who was sad or upset

Ways to show you're listening: make eye contact, don't interrupt, ask questions

2. Waiting My Turn

I've practiced waiting patiently:

- In line
- For my turn to talk
- For my turn in a game
- For someone to finish what they were doing
- To be served/helped

Waiting can be hard! Keep practicing and don't give up! Look for ways you can practice waiting.

PEOPLE OR ANIMALS I CAN PRACTICE SHOWING RESPECT TO:

1. _____
2. _____
3. _____
4. _____
5. _____

WAYS I CAN SHOW RESPECT:

- To my family: _____
- To my friends: _____
- To my teachers: _____
- To animals: _____
- To nature: _____
- To myself: _____