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# Weaving Well-Being Positive Relationships Programme Samples

## Pupil Book

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### Lesson 2

Activity 1

Activity 2

Homework





### Respect



Having respect for others is one of the most important parts of positive relationships. This means that we treat others as **equal** to us, we see them as **important** and **value their rights and opinions**, even if they are different to ours.



### The Gift of Respect

We can think of respect as a **gift** we can give others. Think of somebody who treats you with respect. How do they show it in their **words or actions**? How does that make you **feel**? How do you feel when you give respect to others?



Create a word art based on these words here. Use different colours and styles of writing!

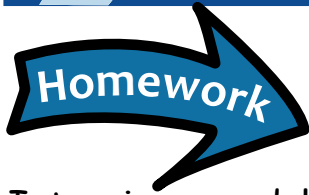
You may like to include some of these words:  
**equal, important, value, opinions, actions, words, rights, accepting, attitude, strong, feelings.**





## Respect Guidelines

We have discussed the guidelines for treating others with respect. Now write your own set of **Respect Guidelines** here (do's and don'ts). You can **adapt and add** to the guidelines from the lesson or leave them as they are.



## Lesson 2 Homework: Respect in Action

Interview an adult in your family on their views about respect. Ask them the following questions and write down their answers.

Name of person interviewed: \_\_\_\_\_

What does respect mean to you? \_\_\_\_\_

\_\_\_\_\_

How important do you think respect is in relationships?

\_\_\_\_\_

Have you ever felt disrespected by someone? Yes  No

(If yes, there is no need to disclose person's name)

If yes, then how did this make you feel? \_\_\_\_\_

\_\_\_\_\_

How do you feel when a person shows you respect? \_\_\_\_\_

\_\_\_\_\_

What is the main way you show respect to others? \_\_\_\_\_

\_\_\_\_\_

Is there any particular advice you would like to share with me about respect? \_\_\_\_\_

\_\_\_\_\_

Thanks so much for your time!

Be aware of your Respect Guidelines and try to use them in your interactions with others this week. Reflect on how this affects any of your relationships.

Parental signature/comment: