

# October Pillar of the Month: **Respect**

## **October 2**

Wear **yellow** to  
celebrate  
being  
respectful

### **How do we show respect?**

- Follow the golden rule and treat others how you want to be treated
- Use good manners
- Be understanding of others feelings
- Don't hurt anyone
- Be nice even when you are angry

### **Talk about it !**

- What do you think it means to be respectful and why is it important?
- What are some way you can be more respectful at home and at school?
- Are there any ways you would like me to be more respectful to you?
- What are some reasons it can be hard to be respectful?

### **Read About It !**

- The Way I Act by Steve Metzger
- The Recess Queen by Alexis O'Neill
- My Mouth is a Volcano! by Julia Cook

### **Practice It !**

Think about the needs of everyone in your house. Make a list. Pick a day to focus on trying to be mindful of each other's needs and wants. Talk about the effects this experiment has on your family.