

My Self-Respect Plan

WRITTEN

To foster self-awareness and self-respect by helping students identify and commit to actions that demonstrate respect for themselves.



Learning Intentions

I can identify ways to show respect for myself:

This encourages students to think about how they can take care of themselves and value their own well-being.

I can reflect on the importance of self-respect:

This helps students understand that respecting themselves is essential for emotional health and positive self-esteem.

I can express my self-respect actions through writing and drawing:

This allows students to creatively express the ways they will show respect for themselves, reinforcing their commitment to self-care.



Success Criteria

Identifying Three Ways to Show Self-Respect:

Students can identify three ways to show respect for themselves today, focusing on specific actions they can take to care for themselves.

Explaining the Importance of Each Action:

Students can explain why each action is important for their well-being, reflecting on how these actions contribute to their overall sense of self-respect.

Expressing Self-Respect Actions Creatively:

Students can express their self-respect through writing or drawing, which helps them communicate their plans in a creative way and solidifies their commitment to practising self-respect.



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Objective: To foster self-awareness and self-respect by helping students identify and commit to actions that demonstrate respect for themselves.

Players: Perfect for small groups, classrooms, or individual reflection.

Materials:

- Paper
- Crayons, markers, or pens

Setup: Provide each student with a piece of paper and access to crayons, markers, or pens. Encourage students to think about the different ways they can show themselves respect and care.

Game Play:

1. **Think About Self-Respect:** Ask the students to reflect on the ways they can show respect for themselves today. These could include actions like getting enough rest, saying kind things to themselves, or taking time to do something they enjoy.
2. **Write or Draw Your Self-Respect Plan:** Have the students write down or draw three actions they can take today to show respect for themselves. Encourage them to be specific and think about actions that are both achievable and meaningful.
3. **Reflect on the Importance of Self-Respect:** After writing or drawing, students can reflect on how these actions will make them feel and why taking care of themselves is important. You can have a class discussion or small group sharing where students explain their plans for the day.

Reflection Prompt:

- How will these actions show respect for yourself?
- Why is it important to show respect for yourself?
- How do you feel when you practice self-respect?



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Winning the Game: There is no winner in this activity. The goal is to help students think about and commit to actions that will help them take care of themselves and promote self-respect.

Additional Notes: My Self-Respect Plan encourages students to recognize the importance of self-care and positive self-reflection. By taking actionable steps toward showing themselves respect, students foster healthy habits and build confidence. This activity promotes a positive mindset, emotional well-being, and a deeper sense of self-worth.