

Health

# Being Kind And Respectful



## For Junior Primary



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Preview

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Letting somebody join in with your game is being kind and respectful.

Look at the picture.



1. Colour red the person who you think is asking to join in.
2. Colour yellow the person who is happy to include this person.
3. Colour blue the person who is not happy to let this person join in.
4. Write what you think each person is saying in the speech bubbles.
5. Who do you think is in the wrong? \_\_\_\_\_

Read this little rhyme about including people. Then create your own rhyme on the back of this sheet and read it to the class.



*Being left out makes people sad,  
being left out is really bad.  
If I see children on their own,  
I tell them that they must not moan.  
I ask them to come and play with me  
then they are as happy as me.*

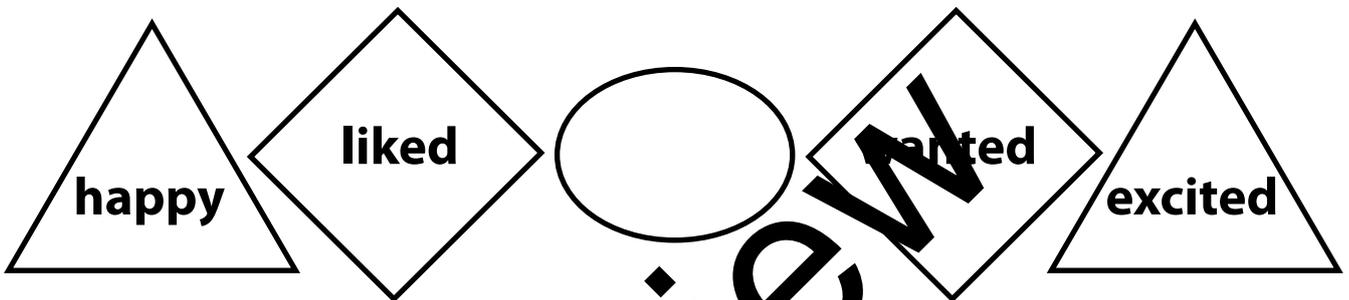
Letting others join in with your game  
is being kind and respectful.

1. Write about a time when you included somebody.

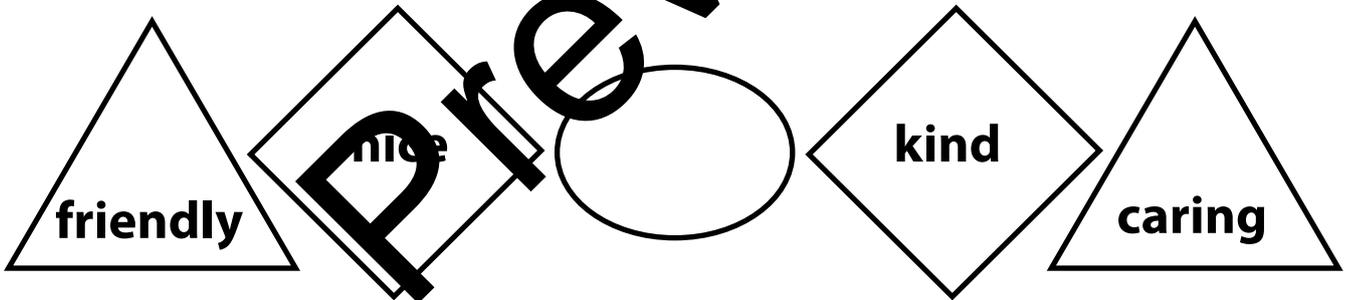
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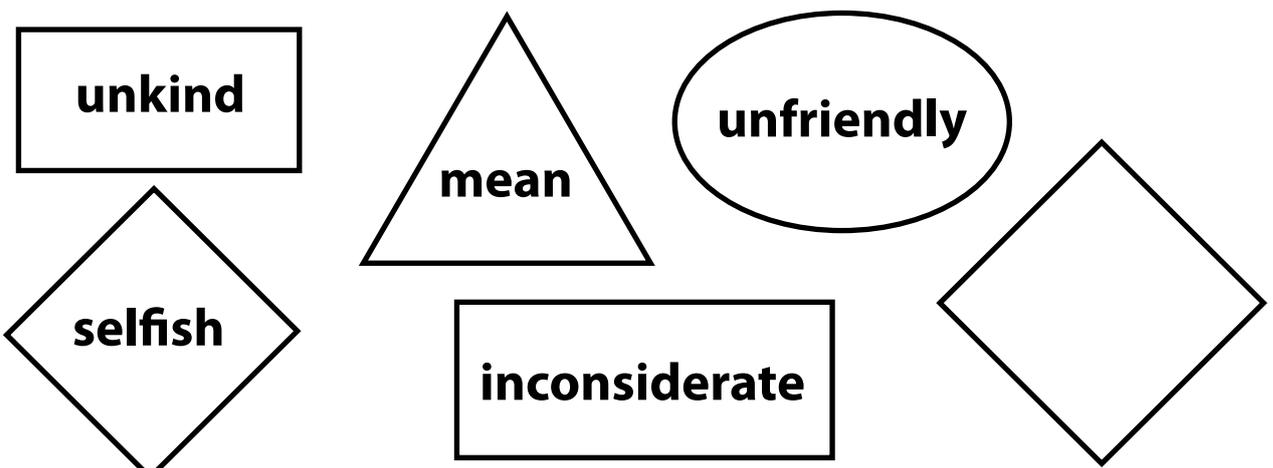
2. Colour the words that describe how you feel when you are included.  
Add one of your own.



3. Colour the words that describe a person who includes people. Add  
one of your own.



4. Colour the words that describe a person who excludes people. Add  
one of your own.

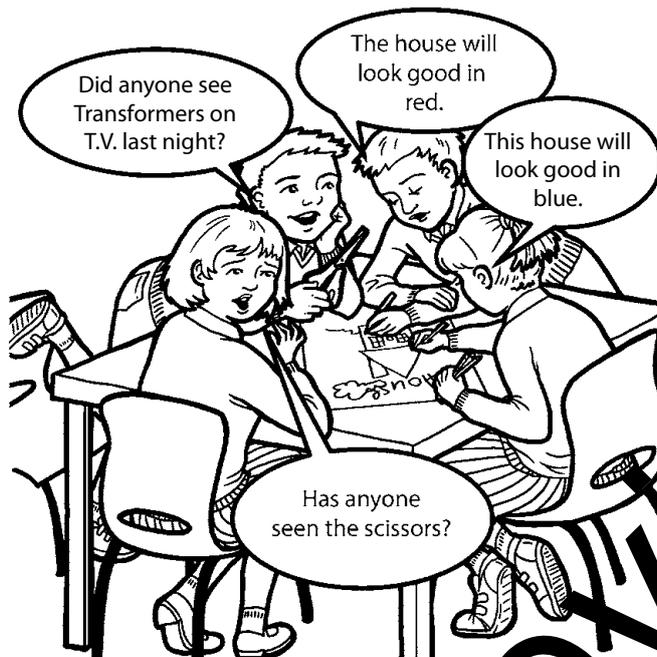


## Activity

# Being A Respectful Group Member 1

Being a respectful group member means that you listen to what others have got to say, and wait your turn to speak.

1



Is this group showing respectful listening skills?

Circle: Yes / No

Tick what shows you this:

- not answering or responding to one another's questions or intentions;
- speaking at the same time;
- not looking at one another;
- being distracted;
- looking around the room.

2



Is this group showing respectful listening skills?

Circle: Yes / No

Tick what shows you this:

- not all talking at the same time;
- they are looking at the people who they are speaking to;
- they are answering and responding to one another's questions and intentions;
- they are not being distracted by things other than their work.

## Activity

# Being A Respectful Group Member 2

When a member of your group does well, you should congratulate him/her.

- Write what you should say to the group members in the speech bubbles.

1



A girl in your Maths group has just had a great idea.

2



A boy in your House group has won his running race.

1



A girl in your singing group has been chosen to sing a solo piece.

2



A boy in your Scouts group has earned a special badge.

It is important to be kind to others and that they are kind to you. Being kind to one another makes everybody happy. If we are unkind to one another we can feel upset and scared.



Look at the picture.

1. Who is being unkind? What is he doing?

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2. Who is being kind? What is he doing?

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3. Write something in the blank speech bubble that you would say to show kindness and to try to stop the bully.

4. Colour the person in this picture who is a passive bystander (not getting involved).

5. Do you think being a passive bystander is useful in this situation? Explain your answer.

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On the back of this sheet draw or write about a time when somebody has been kind or unkind to you.

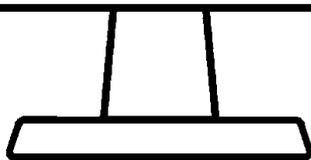
## Activity

# Being Fair And Respectful

It is important to treat people fairly. Sharing is an example of being fair.

1

If there is only one school computer, but two people want to use it. What is the fair thing to do?



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2

If there is one slice of cake left, but two people want it, what is the fair thing to do?

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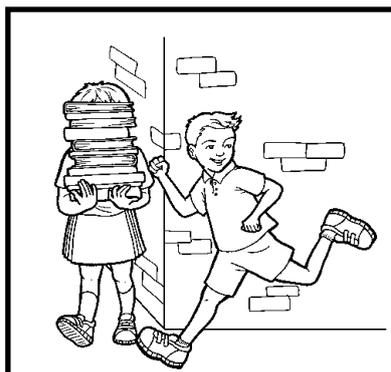
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3

Being respectful to others means thinking about other people. Colour those who are not thinking about others. Say how.

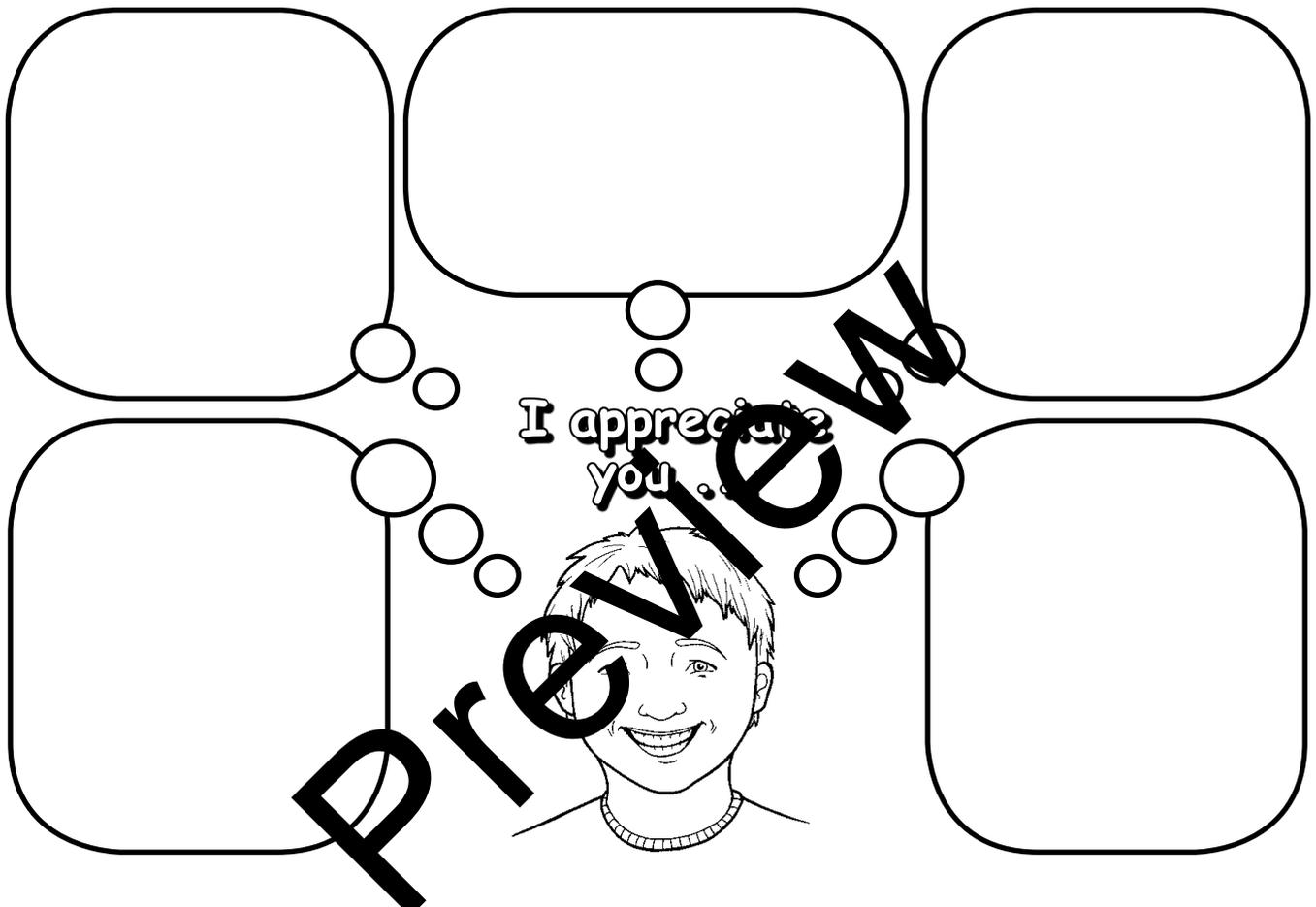


## Activity

# Appreciate And Respect

There are lots of different ways to talk to people and show them that you appreciate and respect them.

- In the thought bubbles, write the different things that you could say to someone who you know to show that you appreciate him/her.



- When people talk to you, you should show that you respect what they are saying by: (tick)

- looking them in the eye;
- talking over them;
- staring at your feet;
- changing the subject suddenly;
- listening to their ideas before replying;
- thinking about what you need to say before-hand;
- getting angry when you don't agree;
- nodding to show that you are listening.



## Activity

# Fair And Respectful Behaviours

Imagine a world where people did not cooperate. It would be chaos and not much fun to live in. No-one would share or be kind to each other. We must be fair and respectful towards each other to create a great place in which to live.

**The Golden Rule: Treat others how you would like to be treated.**

- Colour the respectful and fair behaviours in green. Colour the unhelpful behaviours red.



- On the back of this sheet, draw and label your own examples of some children showing respectful behaviours, and other children showing disrespectful behaviours.

### Page 3

The children should colour red the girl leaning against the swing post; colour yellow the girl on the swing; colour blue the boy hanging upside down. The boy hanging upside down is in the wrong.

### Page 7

1) The boy who is shouting at the little boy who is crying is being unkind. He looks like he is saying nasty things to him or pressuring him to do something that he doesn't want to do. 2) The child who is placing his arm around the crying child is being kind because he is trying to modify the bully's behaviour and comfort the child being bullied. 5) Students may note that being a passive bystander in this situation is not useful and that if you are too scared to confront a bully, always do something, such as tell a teacher.

### Page 8

Students should identify sharing as a solution to the first two problems. For example, students can share the computer by taking turns to use it. Maybe they could time each other so that they both spend an equal amount of time on it. Students could cut the cake equally into two halves so that they both get the same amount of cake. The boy running on the school grounds is not thinking about other people's safety as he is about to injure himself and someone else. The boy littering is disrespecting an environment which we all have to share.

### Page 9

Students should tick:

looking them in the eye; listening to their ideas before replying; thinking about what you need to say before-hand; nodding to show that you are listening.

### Page 10

Students should colour green: 2, 3, and 5

Students should colour red: 1, 4 and 6