

LESSON

3B's of Respect

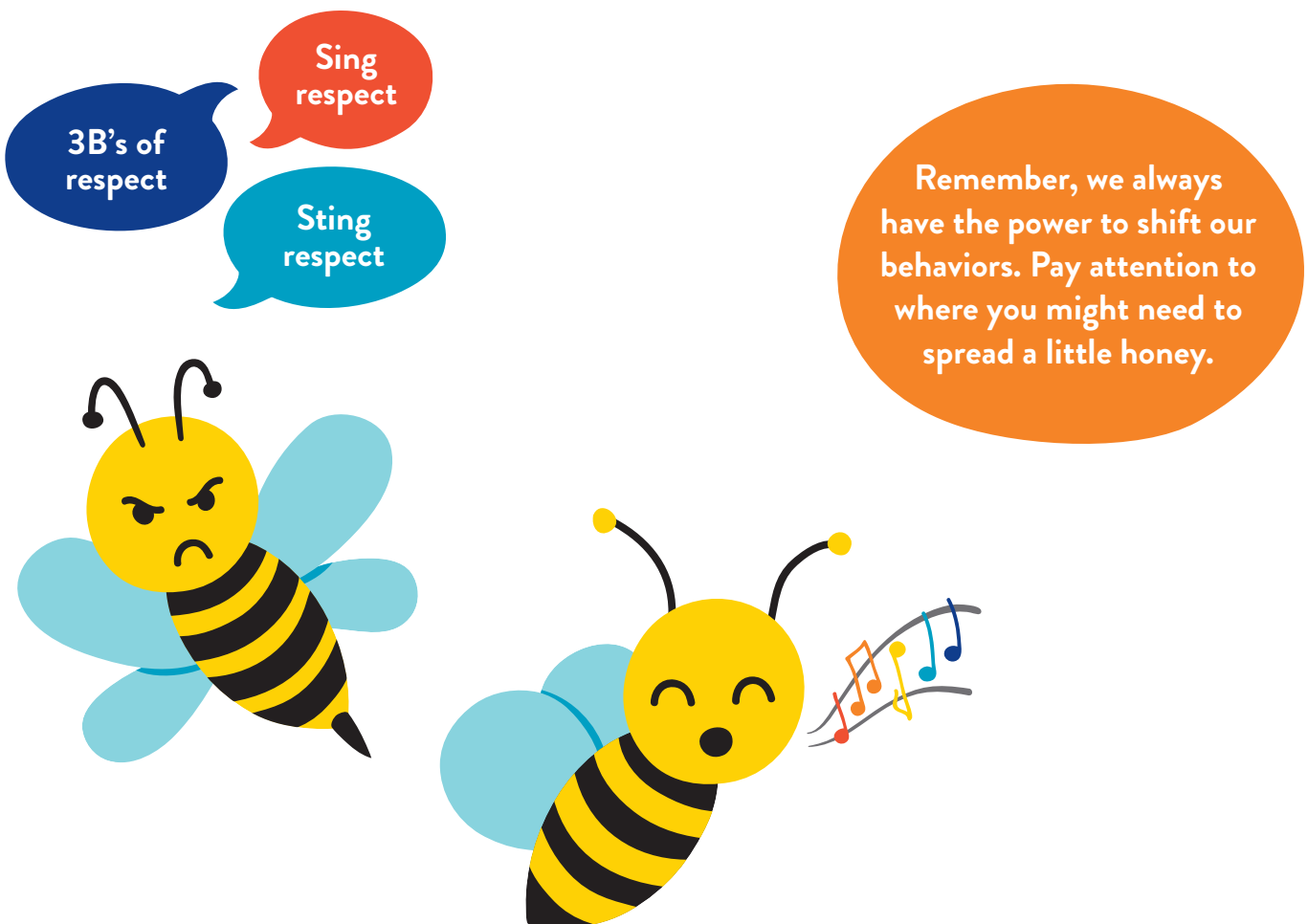
CONCEPT OVERVIEW

Bringing **respect to our classrooms** is an important part of creating a learning environment that's comfortable and supportive for all. It's in how we talk to each other, treat each other, and follow the rules we have in place to keep us safe. Coach students to respect the 3B's with themselves and others: **bodies, brains, and belongings**. Most everything that requires our respect, emotional and physical, can be put into one of these 3B's.

LESSON ACTIVITY

Now that you've had a chance to hear about these 3B's of Respect, let's take some time to think about what areas you **sing and sting respect in your school and in your homes**. This is a good activity to do on your own so you can get honest with yourself about just how respectful you really are to yours and others' bodies, brains, and belongings.

TEACHER LINGO



WORKSHEET

3B's of Respect

Below are some examples of how our actions sing or sting respect in ours and others' bodies, brains, and belongings.

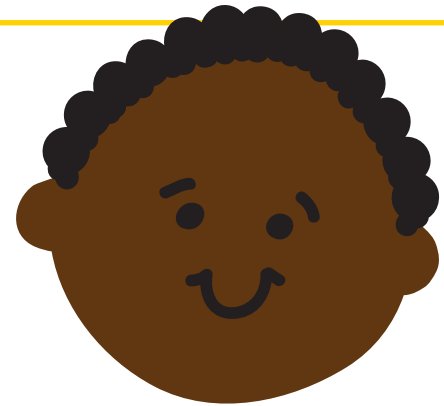
Read each scenario and put a check mark in the circle if it is a behavior you participate in.



BODIES

3B's **BODY SING** might be when I ...

- Eat healthy snacks
- Exercise my body at recess or PE
- Practice good hygiene
- Keep my body in the group
- Share space in a group
- Use safe hands
- Respect others' space bubbles, especially in lines and hallways



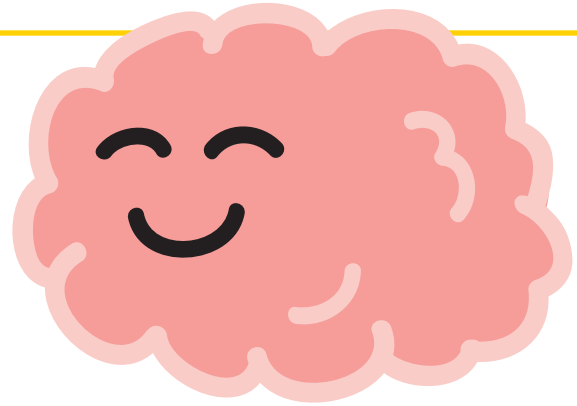
3B's **BODY STING** might be when I ...

- Invade another's space or pop their space bubble
- Roll my body out of the group during circle time
- Wander the classroom
- Leave the room without permission
- Inappropriately touch other people
- Roughhouse
- Bump into others in the hallways

BRAINS

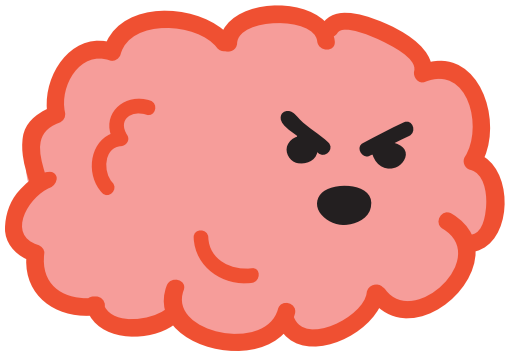
3B's BRAIN SING might be when I . . .

- Keep my brain in the group
- Stay plugged in or linked to the zone's plan
- Use effective effort or growth-mindset thinking
- Complete my work
- Ask and answer questions thoughtfully
- Help peers understand assignments
- Give positive feedback to others about their work and efforts
- Say kind words and show empathy



3B's BRAIN STING might be when I . . .

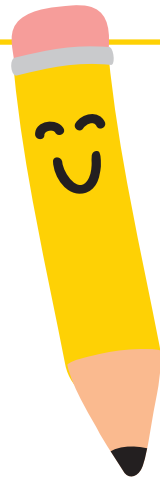
- Roll my brain out of the group
- Am not plugged in or linked in to what's going on
- Am disconnected or disengaged
- Have incomplete or missing assignments
- Show up unprepared for tests
- Spread rumors
- Create drama
- Say unkind things to or about others



BELONGINGS

3B's BELONGINGS SING might be when I . . .

- Am organized
- Have a clean locker or desk
- Take care of school supplies, like pencils and markers
- Take care of belongings, like coats and backpacks
- Take home and bring back homework, paperwork, permission slips
- Help keep all areas of the school clean and clutter free



3B's BELONGINGS STING might be when I . . .

- Have a disorganized, dirty, and overflowing locker or desk
- Am constantly misplacing or losing school supplies and personal belongings
- Leave homework and important papers in desks, lockers, on buses, or with my dog
- Vandalize school property
- Stuff toilet paper in sinks and toilets
- Leave trash on cafeteria tables
- Mistreat school supplies, books, and furniture

