



Respect Overview



Main tools taught:

- A metaphor of "the balloon", which is where we put feelings (like anger and sadness) when we don't know what else to do with them. These feelings make our balloons get "full", and sometimes we "leak" in hurtful ways (e.g. yelling, teasing, fighting). Soul Shoppe teaches students how to "empty" their balloons in healthy, **respectful** ways (e.g. talking about problems, reaching out to others).
- "Chair of Respect"- a metaphor where students make wise choices to sit in the chair of respect.

Lower grades (K-2) will learn:

- what respect is
- how respect can be shown at school
- what people can get when they show respect
- how to "empty" difficult feelings out of their "balloons"

Upper grades (3-6) will learn:

- The above, plus...
- how to make wise choices in regards to respect
- what it looks like to respect themselves and others
- how to make a commitment to being respectful