



Respect- Parent Information

Greetings Parents!

Soul Shoppe is teaching about **Respect** at your child's school this month.

The main tools we are teaching are:

- 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.

You can help your child practice Respect by:

- Reviewing the questions on the "family card" or the sayings on the book mark that your child brings home (grade 4 and under only)
- Encouraging him/her to practice "emptying" his/her balloon when it seems to be full.
- Praising your child for showing respect to people, property, authority, traditions, values, etc.
- Supporting your child to make wise choices for himself/herself.