Aretha Franklin’s song “R-E-S-P-E-C-T!” made the word famous — but do we know what it really means? Respect is an essential foundation for good relationships. Being respectful means recognizing and valuing others’ differences. Ethical people are respectful of others, and demonstrate it by recognizing and honoring everyone’s right to be themselves, to make decisions, and to have privacy and dignity. People should start to learn at an early age about the difference in people and learning how they are unique and special.

We are the same in many ways, yet we all learn a little differently, look a little different, and act a little different even when placed under a set of the same standards. The best way for anyone to teach respect is by modeling the behavior. How you show respect to other family members and friends, will influence the way others around show respect to others. Everyone can benefit from experiencing kind words and actions.

Remember no one can make you feel inferior without your consent.” ~Eleanor Roosevelt

Character Counts
Respect

“R-E-S-P-E-C-T!” What does it mean?

Time Needed: 15 minutes
Supplies Needed:
- 8 1/2 x 11 sheet paper
- Pencil
- Blindfold

Remind participants to get the full experience, it is critical to keep eyes closed or be blind folded. This will bring laughter to everyone. Remind them, we are laughing with each other not at each other.

Instructions: When everyone has supplies, give the following instructions as written—do not add specific details. Let them work through the ones provided.

~Start with your paper sideways for our trip to the Rockies and draw some mountains across the horizon.
~Now draw a nice cool refreshing lake in the valley below the mountains.
~Since it hasn’t warmed up yet, let’s put some snowcaps on the mountains.
~Now we’ll need some fish in the lake so we can catch some dinner.
~Since it is around dinner time, draw the sun going down behind the mountains.
~We’ll need to set-up our tent before it gets dark. Let’s put it next to the lake.
~Clouds are rolling in, let’s put a few in the sky.
~It’s getting cooler since the sun went down, let’s build a fire ring and fire close to the tent. Be careful — not to close.
~The elk are coming in to graze, draw some elk on the side of the mountains.
~One more thing. It would be nice to have trees to block the wind. Draw 2 trees near the lake.

Reflection question: How was everyone so different—when given the same instructions?

Like this activity? Find more like it in the “Good Ideas Book” at your local Extension Office

Clover Connection

Head—Be open minded
Heart - Be the kind of friend, you would like to have
Hands - Volunteer in your club
Health - Treat people fairly

April, 2012