

Character Counts

RESPECT

April 2013

WYOMING
CHARACTER



that's what we're made of

For Character Counts Activities please
visit www.4h.uwyo.edu

Strengthen Your Character with RESPECT

- Be courteous and polite
- Be kind and appreciative
- Accept individual differences and don't insist that everyone be like you
- Judge people on their merits, not on race, religion, nationality, age, sex, physical or mental condition, or socio-economic status.



**"It is not
enough to have a good mind.
The main thing is to use it well."
~ Rene Descartes~**

Lesson In Respect

Treating others the way you want to be treated as a part of the Golden Rule. Imagine a world in which everyone followed the Golden Rule, treating everyone else the way they themselves wanted to be treated. Discuss with your fellow 4-Her's and family members what types of problems might be eliminated in such a world.

Alphabet Recital

MATERIALS—emotion cards, prepared in advance

OBJECTIVE—The 4-Her's will understand that they communicate with attitudes and actions.

Procedure

1. Create simple cards, each bearing the name of an emotion or feeling: happy, silly, excited, bored, tired, scared, mad, sad, lonely, surprised, etc.
2. Randomly select one child to pick an emotion card; the child should not reveal what emotion was picked.
3. While reciting the alphabet from a to g, the child demonstrates the emotion as stated on the card. For example, the child would recite the letters fast and steadily louder if the emotion was "excited."
4. After the letters are recited, the class decides what emotion their classmate was demonstrating.
5. Ask: What does the emotion we use have to do with respect? What speaks louder, your words or your attitude? How can knowing a person's attitude or emotion help us understand their message?



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