Respect For Ourselves And Others

Lesson: Respect for ourselves, our bodies and for others

Date: As Used

Time: As Used

Class: Junior/ Senior Infants

Strand: Myself

Strand Unit: Taking care of my body.

Materials Needed: Use the Lunch Bag game of 'How and why do we' to introduce the lesson, the Lunch Bag video 'Respect for ourselves and others' as the lesson, use the Lunch Bag 'Respect for yourself and others listing game' as the assessment with the 'Colour Me In' exercise sheet concluding the lesson.

Learning Objectives

1. Educate the students on the importance of respecting others, and not doing things to them that will make them feel bad.
2. Make the students aware of the importance of respecting themselves.
3. Allow students understand how to care for themselves and how to keep their bodies healthy and well.

Introduction/Stimulus

Use the 'How and why do we' game from the Lunch Bag website to introduce the lesson. Follow the instructions on the downloadable PDF to understand the game and to play correctly.

Development

As the lesson, the students will watch the video 'Respect for ourselves and others' from the Lunch Bag Website, in which;

The lesson begins with explaining the importance of respecting others. Examples are given of how to respect others including; times where you may think about doing something to someone, but having the respect to not do it as it may hurt them.

The second part of the lesson is around the importance of respecting yourself. Respect for yourself in the form of eating the correct food and sharing your feelings. The importance of this is highlighted to ensure students understand how to best care for their bodies and how to keep themselves healthy and well.

Conclusion

The lesson is finished with questions for the students;

1. Can you think of other ways to respect yourself?
2. Can you think of other ways to have respect for others?

These topics can be discussed between the class and teacher to come up with examples.

Assessment	The Lunch Bag 'Respect for yourself + others' listing game.
Linkage:	Self-Awareness and how to be a good friend, Feelings and Emotions from the Growing and Changing strand unit, myself and others and myself and the wider world strands by learning how to listen to others, care for others and look after others also.
Integration:	**Oral Language Skills:** - **Receptive Language:** Understanding new words such as respect and with the help of teacher, will learn other new words on the topic of respect for both themselves and others. - **Expressive Language:** Be able to say new words such as respect. **Making Inference:** Understanding the importance of being respectful to others and not doing things to others that will make them feel sad. **Suggested Integration:** - **Music:** Learn the Respect Song from Have Fun Teaching on YouTube with students =. (https://www.youtube.com/watch?v=Euwi0SAn970)