

Honor Me. Honor You.

Give honor and value to ourselves and others.

This month, we're focusing on respect, which comes in many forms: respect for life, for property, for parents, for elders, for nature, and for the beliefs and rights of others. **Respect includes being courteous and polite, as well as respecting yourself by avoiding self-criticism.** We can model respect for our children regarding how we speak to and treat them. Respect is not only an important character trait, but it can also be a source of real joy! Respect implies a certain appreciation, which makes us more aware of other people's needs and feelings.



1 Engage: Honor Board

As a family, create an Honor Board where family members and friends can write affirmations to the person of honor. (Make sure each family member gets to be the honoree.) The Honor Board can be made of construction paper, poster board, or a blank piece of paper. Once the board is complete, encourage the family member to display it so they can see it often and remember the great things others see in them.



2 Empower: Practice Forgiveness

Everyone makes mistakes. Ask each family member to share a story about a time they made a mistake (at school, work, home, etc.) and discuss what lessons they learned. Share this quote: "Mistakes don't define us, but how we respond to mistakes will." Ask, "How can we show honor for each other, even when we make a mistake or disagree?" Process each person's response and thank everyone for their willingness to share. Challenge each other to respond to mistakes this week with love and respect.



3 Excel: Honor Those Who Serve

Celebrate members of your community who lead through service to others. Write "Thank You" notes to someone that has helped or served your family. Consider people in your community like veterans, teachers, nurses/doctors, ministers, bus drivers, police officers, firefighters, mail carriers, etc. Deliver these notes with a special treat.

Conversation Starters

- ♥ What is the biggest lesson you learned last year?
- ♥ What is something you want LESS of in the next year? Why?
- ♥ What is something you want MORE of this next year? Why?
- ♥ What makes you feel respected? Disrespected? Why?