

THE KI REPORT

A newsletter on Kindness and Inclusion for Root Elementary parents and families.

Character Word of the Month: Respect

To show consideration or honor to someone

2019 Lessons from Lavender

Respect is showing consideration or honor to someone. It is practiced in many ways. We show respect to ourselves and others by treating others the way we want to be treated, being considerate of others feelings, and truly listening when someone is speaking. We can also show respect for the world around us by picking up trash, walking on sidewalks, or recycling. In April students will discuss ways they can be respectful in all aspects of their lives. You can reinforce this idea at home by modeling respect to others. Ask your child what acts of respect they have seen or heard.

"Teach children respect by treating them with respect."

Reading suggestions:

The Berenstain Bears - Show Some Respect

I Just Don't Like the Sound of NO! - Julia Cook

Do Unto Otters - Laurie Keller

Respect and Take Care of Things - Cheri Meiners

If you need assistance of any kind, please contact me at jennifer.lavender@fayar.net or 479-445-1021

The Power of the High Five

In a world where individual achievement seems to receive the most praise and reward, teaching respect can feel a rather daunting task. A great way to teach children to honor and respect others is by helping them to create a sense of belonging and connection with their peers. In building peer interaction and rapport, group salutes and touch (as simple as a high five) can play an important role.



An article "Strengthening the Bonds Between Students" from *Edutopia* (Hockett and Doubet, 2018) highlights the effectiveness of the group salute in building a sense of community amongst students and their peers. The group salute is a social or physical gesture that centers around peer to peer recognition and respect. It is often adult or teacher-modeled or prompted initially with the goal that children will eventually incorporate these gestures on their own. Group salutes can create a sense of trust and safety which ultimately leads to healthy relationships, openness, and even improved academic performance.

One type of group salute is the age-old high five. A study conducted by University of California, Berkeley, (Kraus, Haung, Keltner; 2010) discovered that NBA Teams who most frequently touched one another (via high fives, fist bumps, and shakes) in their early games, had the best records by the end of the season. Increases in trust, camaraderie and overall group cohesion and performance were noted. This further reinforces past research that indicates touch to be central in many domains of social life, from healthy child-parent attachments to non-familial cooperation.

As parents, it's easy to get sucked in to the black hole of juggling the many responsibilities related to house-management, job, and parenting, and forget to take a few moments to sit with our children and provide a simple hug or snuggle.

Action Step: Talk about ways your child can pay respect to and recognize their peers through greetings, compliments, encouragements, and farewells. Identify when you see others do this. Role-play with your children and model group salutes with your own friends and family. Then, encourage your child to put into practice group salutes with their peers, both new and old. It could be as simple as following a greeting up with a question (e.g., "I'm great! How's your week going?") to offering a high five.