



RESPECT

4th Grade Family Connection

PurposeFULL
People

Overview

This month's focus is Respect. One way to think about Respect is "seeing value in all people and things & treating them with care." Many people feel Respected in different ways and we hope this month inspires discussions with your family about what Respect means to you and how you can practice it together!

Respect is 1 of 3 traits we will focus on throughout the year that helps students Be Kind. Throughout the school, students will be developing skills like perspective-taking, conflict resolution, and leadership.

Conversation Starters



- What does it look like to treat other people with care?
- How can the Tree of Choices help you with conflicts here at home? With friends?

In The Classroom

We all experience conflict in life. We need tools to help us navigate conflict successfully. This month, 4th graders will practice using the Tree of Choices to practice conflict resolution. The Tree of Choices is a simple tool to help us resolve conflict successfully.

1. The Roots of the Tree:

- Identifying if the problem is big or small.
- **Big problems** require assistance from an adult, which usually means someone is being hurt physically or emotionally.
- **Small problems** can be solved on their own without adult assistance.

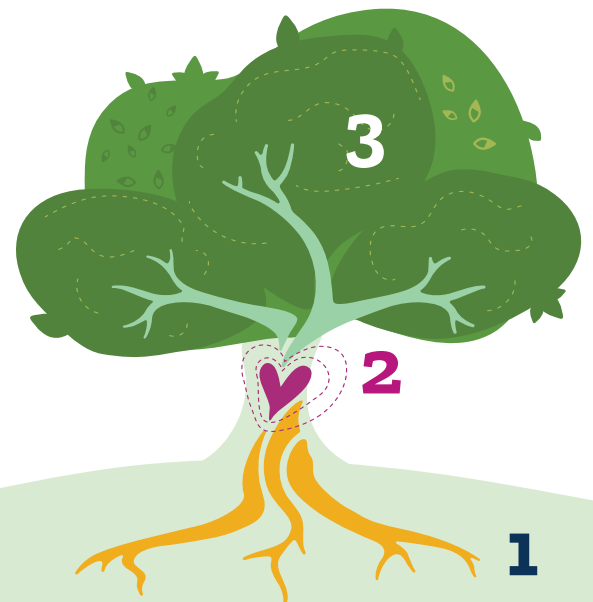
2. The Heart of the Tree:

- Naming the emotions you are feeling.

3. The Branches of the Tree:

Make a choice to:

- Move it out (step away from the problem)
- Talk it out (talk through the issue or connect with a friend/trusted adult)
- Breathe it out (practice some strategies that help us calm our emotions before responding in the heat of the moment).





RESPECT

PurposeFull Pursuits



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Have some fun connecting as a family this month while practicing Respect. Here are 3 “PurposeFull Pursuits” for you to complete together. How many can you do this month?

Pursuit #1

A fun way to remind students to show Respect to others is to create a non-verbal cue. As a family, come up with a non-verbal way to cue your student to remember to show Respect to others. An example of this would be anytime you raise the “Respect Rooster” on your hand by closing the middle 2 fingers and bringing your pointer finger and pinky finger up, your student would be reminded to practice living out Respect.

Pursuit #2

Review Respect as a family! Remember that in our lessons we are teaching that Respect means to see value in people and things and treat them with care. Agree as a family to set aside a certain time each day this week to unplug from devices and plug into family time. It shows Respect to practice being present in the moment without the distractions that can come from technology. Debrief and discuss this challenge afterward and commit to this practice at least 1 day each week!



Pursuit #3

Find a time to sit in a circle together and celebrate all the ways you have seen each other practice Respect. Take turns sharing responses to the following prompts or make up your own! Remember to practice Respect as you listen to each other.

Celebration Prompts:



- What family member(s) do you want to celebrate for their Respect?
- Share about a time you showed care for someone by working through a conflict successfully.

