

Name _____ *Respect*

Respect in the Classroom

To treat others with **respect** means to treat them with honor and dignity. Respecting others is one of the ways that you maintain good relationships.

**Who in your
classroom deserves
your respect?**

**List all the ways that you can show that
person(s) respect.**

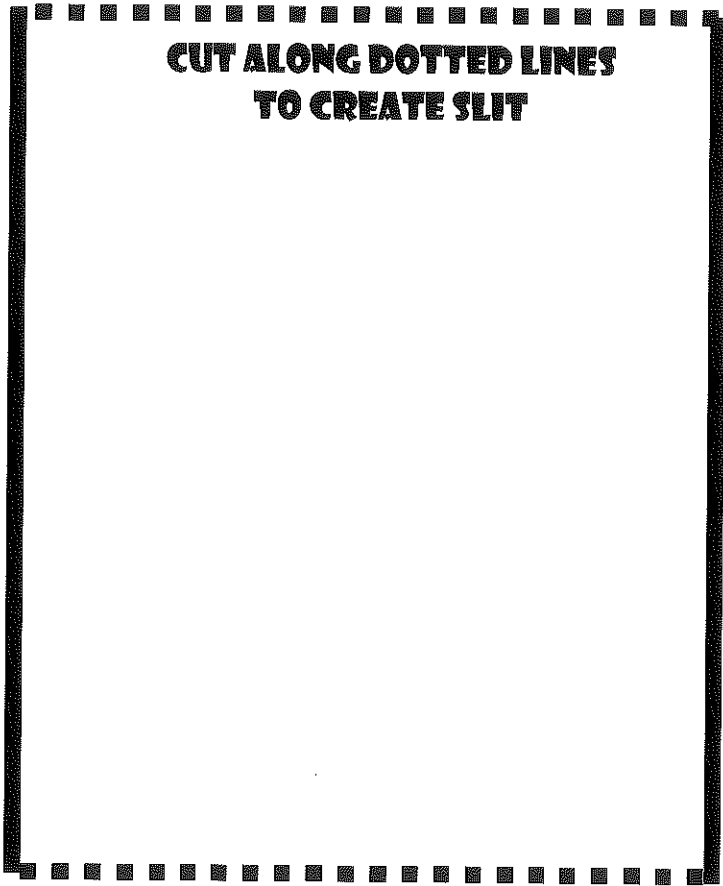
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Why is it important to show respect in the classroom?



RESPECT

**CUT ALONG DOTTED LINES
TO CREATE SLIT**



**WRITE SYNONYMS FOR RESPECT ON THE FRONT COVER IN COOL LETTERS.
COMPLETE EACH BOX AND ILLUSTRATE. CUT OUT AND GLUE TOGETHER.**

RESPECT IS

Paste and attach square

I CAN SHOW SELF RESPECT BY

Paste and attach square

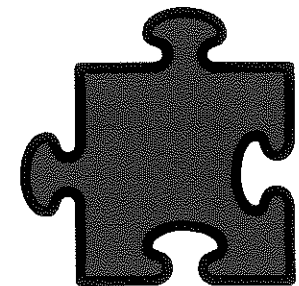
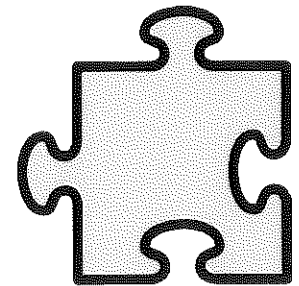
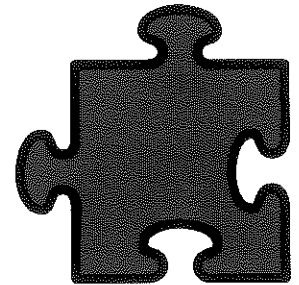
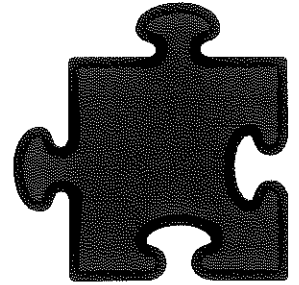
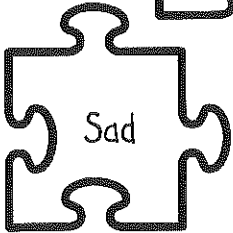
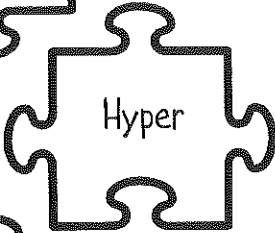
I CAN SHOW RESPECT FOR OTHERS BY

Paste and attach square

ANTONYMS FOR RESPECT

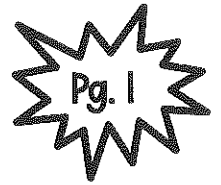
Zones of Regulation MATCHING

Can you match these feelings to the correct Zone?
Draw a line to show where they belong!





Cut & Match



Can you match the feelings to the correct Zone?
Cut out the cards below & then paste into the correct Zone box on Pg. 2!

Sad	Terrified	Frustrated	Proud
Focused	Sleepy	Furious	Anxious
Excited	Happy	Silly	Elated
Relaxed	Bored	Mad	Sick





Cut & Match



Can you match the feelings to the correct Zone?
Cut out the cards on Pg. 1 & then paste into the correct Zone box below!

 **Blue Zone**

 **Green Zone**

 **Yellow Zone**

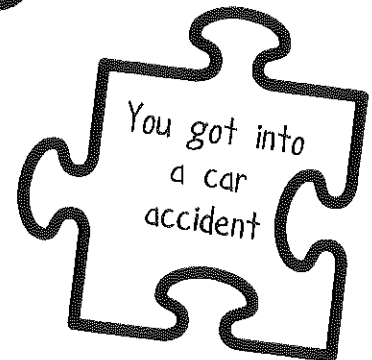
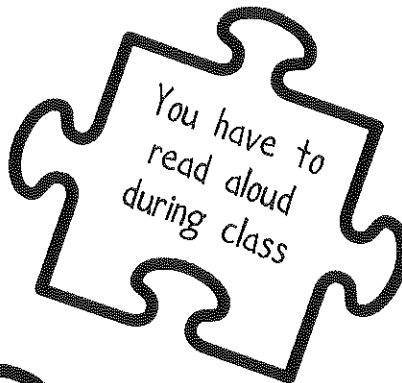
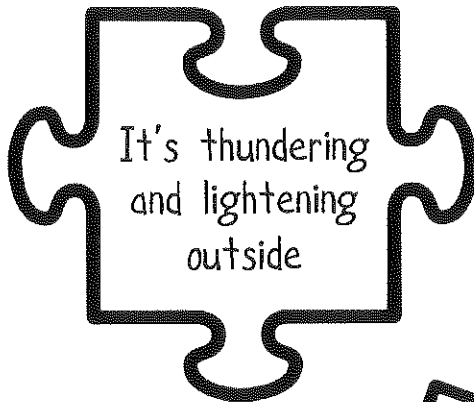
 **Red Zone**

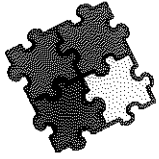




Coloring Your ZONES

Each of the puzzle pieces below has a scenario written inside. First, read the scenario and think about how it would make you feel. Then, fill in the puzzle piece using a crayon that matches the color Zone it would put you in (blue, green, yellow, or red).





Using Your Zones TOOLS

It is normal for us to experience emotions in all of the Zones. Sometimes our emotions are expected for the situation we are in, like when we are sad in the Blue Zone because we miss our family, or excited in the Yellow Zone because we are playing with friends. Other times, our emotions might not be expected for our situation, such as getting angry in the Red Zone after a tiny problem like our pencil breaking. When this happens we can use a "tool" (taking deep breaths, going for a walk, etc.) to help us deal with the situation in an expected way. For each of the Zones boxes below, list 3 tools you could use to help you manage your emotions in that Zone.

WHEN IM IN THE ...

I CAN TRY ...

Blue Zone

Green Zone

Yellow Zone

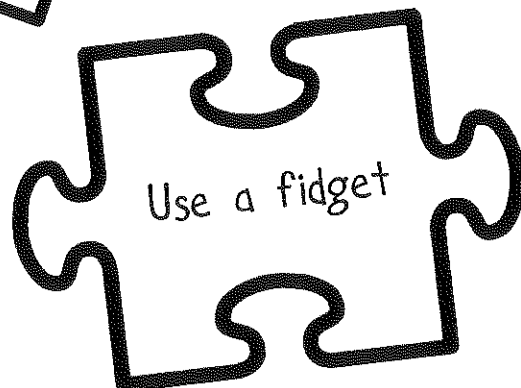
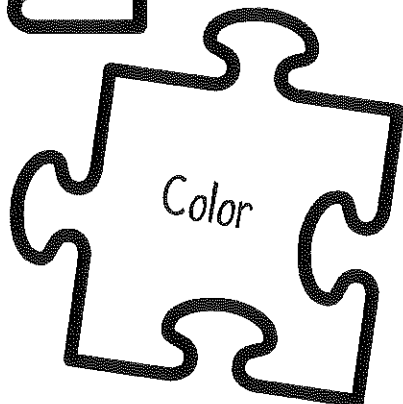
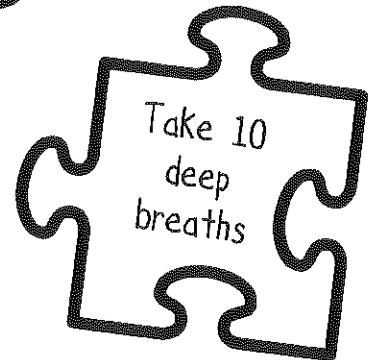
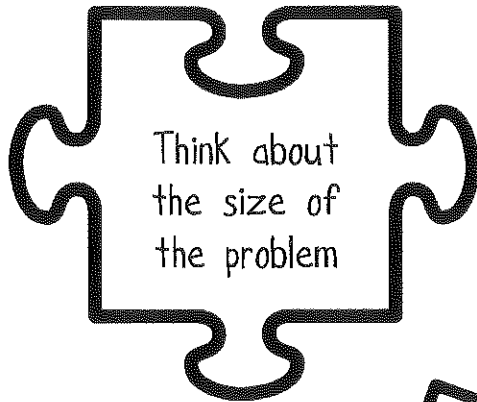
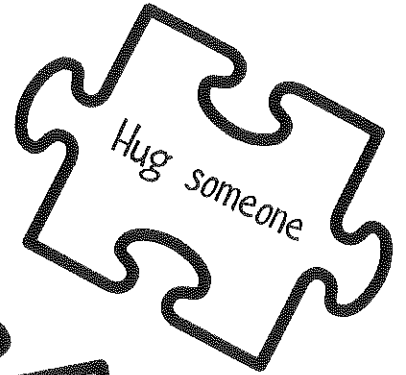
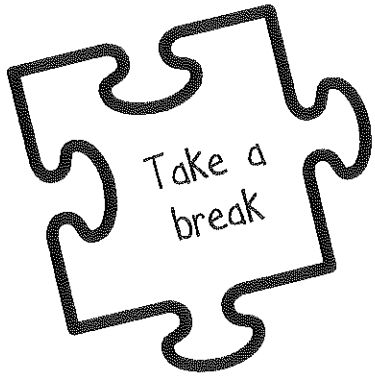
Red Zone






Coloring Your TOOLS


Each of the puzzle pieces below has a different self-regulation tool written inside it. Read them one at a time and think about which emotions each tool could help you manage. Then, fill in the puzzle piece using a crayon that matches the color Zone those emotions belong to (ex. if the tool would help manage Blue Zone emotions, color it blue). If you think the tool would help manage emotions in more than one Zone, make it multi-colored!



Expected Vs. Unexpected Behaviors

Directions: Fill in some examples of expected and unexpected behaviors.
Then write how others around you feel when you use these behaviors.

Expected Behaviors= Safe Behaviors 	How do others feel when I use this behavior?

Unexpected Behaviors= Unsafe Behaviors 	How do others feel when I use this behavior?