

# Lesson 3



**Area:** Show Respect

**Title:** Your “R” Rating

**Objective:** Students will discover their own level of respect and choose a goal for the next week.

**Materials:** “Your ‘R’ Rating” Worksheet  
Writing Utensils

- Activity:**
1. Hand out the following “Respect Rating” sheet and ask students to complete it individually – reminding them to be very honest.
  2. While students are responding to the survey, the teacher should post the following information on the board.

Scores	
Always =	3 pts
Sometimes =	2 pts.
Seldom =	1 pt.

3. Students need to add up their score at the end.

**Closure:** Students should pick one area that they would like to improve on and write what they plan to do in the space provided. One week later, ask students how they are doing towards their goal.



## Your "R" Rating

**Directions:** Circle the answers below that best describe how you would handle the situations listed. For use with the lesson "Your 'R' Rating"

- |  |        |           |        |
|--|--------|-----------|--------|
| 1. I listen carefully when my friend talks.  | Always | Sometimes | Seldom |
| 2. I try to be cheerful and cooperative even when I'm grumpy.  | Always | Sometimes | Seldom |
| 3. I try not to get angry or rude when someone expresses a different opinion than mine.  | Always | Sometimes | Seldom |
| 4. I look at my friends when they talk to me   | Always | Sometimes | Seldom |
| 5. I look at my teachers when they talk to me.   | Always | Sometimes | Seldom |
| 6. I look at my parents when they talk to me.  | Always | Sometimes | Seldom |
| 7. I smile and greet people when I see them, not just my best friends.   | Always | Sometimes | Seldom |
| 8. I ask before I take other people's things.  | Always | Sometimes | Seldom |
| 9. My friends and family can trust me not to hit, slap or trip them.   | Always | Sometimes | Seldom |
| 10. When I talk to people, I use a pleasant tone of voice.   | Always | Sometimes | Seldom |
| 11. I try not to say bad things about others behind their back.  | Always | Sometimes | Seldom |
| 12. I follow the rules in my school.   | Always | Sometimes | Seldom |
| 13. I follow the rules in my home.   | Always | Sometimes | Seldom |
| 14. I am willing to try new things and meet new people.  | Always | Sometimes | Seldom |
| 15. Pick one area where you would like to improve.<br>In the space below, write what you will do in the next week to improve in this area. |        |           |        |

<b>Add it up:</b>	
35 – 42	Wow!
29 – 34	Room to Improve
0 – 28	How Rude!