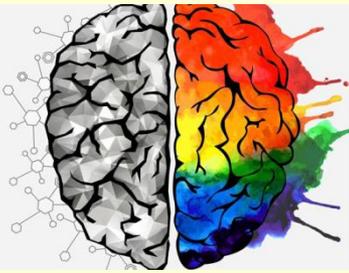
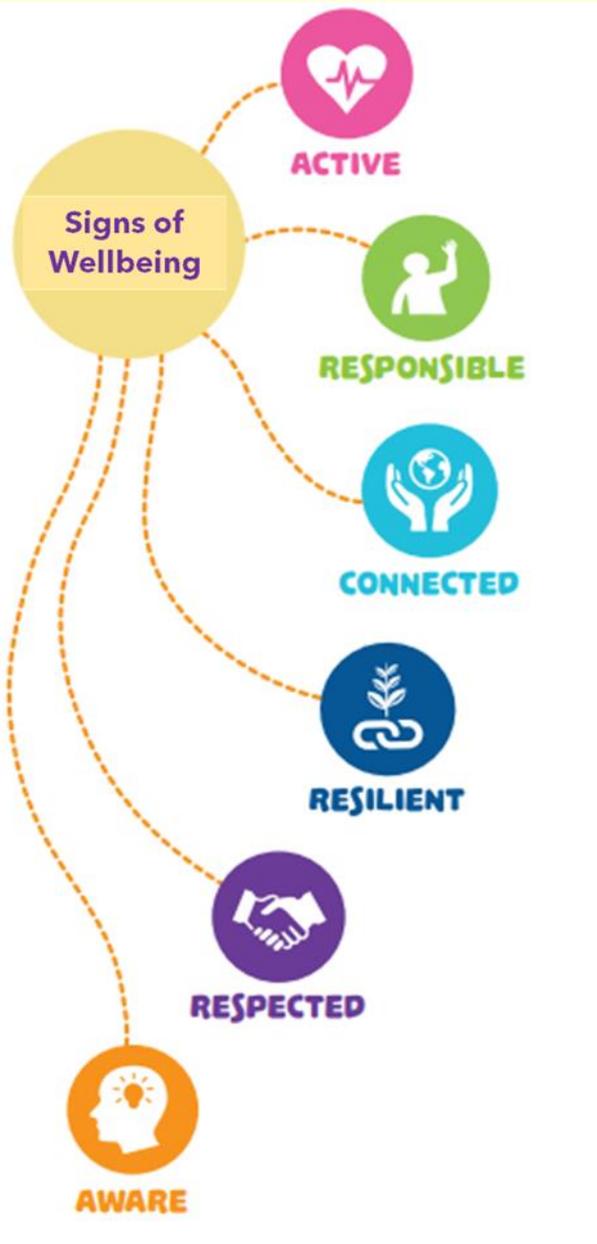




# What do we mean by wellbeing?

## Why is wellbeing important?





- **ACTIVE**
- Being **RESPONSIBLE** for myself and others
- Being **CONNECTED** to other people, near and far
- Being **RESILIENT** to cope
- **RESPECTING** myself, respecting others and being respected by others
- **AWARE** of my thoughts, feelings and behaviours



# Key Considerations about being Respected



- Do I feel I am listened to and valued?
- Do I have positive relationships with the people in my life?
- Do I show care and respect for others?



# What do we mean by 'respect'?





# What do we mean by 'respect'?



Watch the clip about Respect.  
What do we learn about respect; what it means, how we show respect and how it makes people feel?

<https://www.youtube.com/watch?app=desktop&v=GOzrAK4gOSo>



# How do we show each other respect in school?



In the playground?

When we disagree with someone?

Around school?

Share ideas and opinions

When we're learning?



# How do we show respect to others outside of school?



*At home?*

*When we disagree with someone?*

*When we're out and about?*

*In our clubs?*

*When we meet new or different people?*

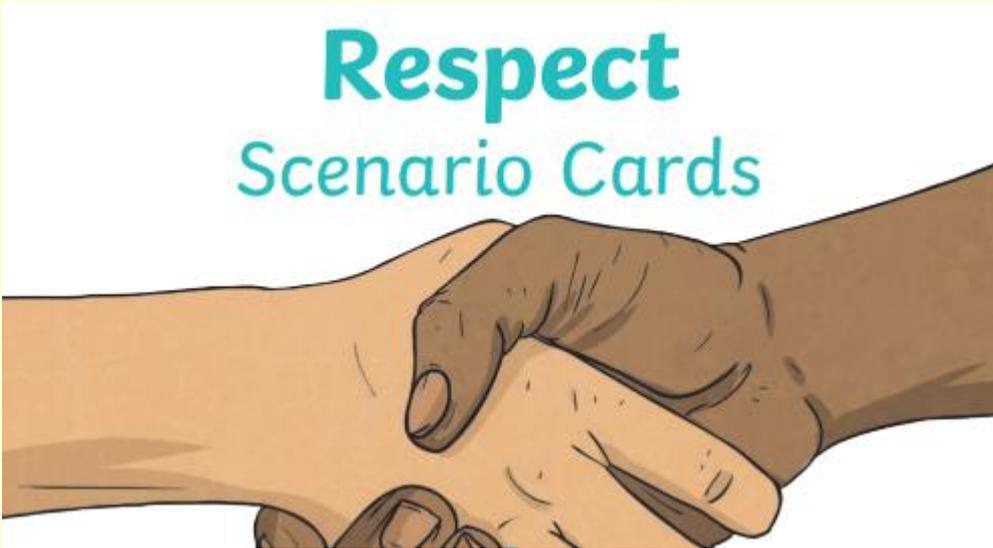


How does showing respect  
make other people feel?



# How do we respect ourselves?





# Respect

## Scenario Cards

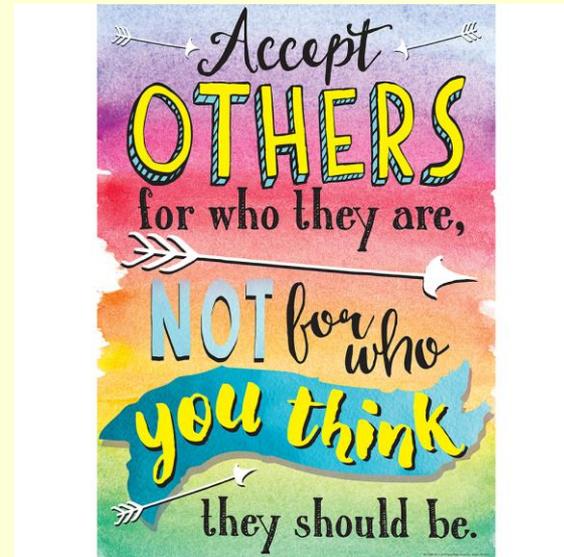
**Consider the scenario on the card and discuss:**

- **Who is showing respect**
- **How they are showing respect or disrespect?**
- **The effect of their actions on each other**

# Respect Posters



Challenge: Create your own poster about respect





# Key Considerations about being Respected



- Do I feel I am listened to and valued?
- Do I have positive relationships with the people in my life?
- Do I show care and respect for others?