

COUNSELING CORNER

Monthly School Newsletter from Lutheran Counseling Services

Car Conversations

In the car, classroom or dinner table, try some of these ideas to build this trait in yourself, your family or your class.



- Play 4 Corners by having class/family members go to one of 4 corners that stands for 1) pretty much all of the time, 2) usually, 3) sometimes, 1) rarely or never. Talk about different times or circumstances in the day they feel respected (ex: homeroom, recess, lunch, PE, group projects, dinner table, family outings, bedtime, morning routine). Then have each member use the same corners to address how much they show respect at those times and situations. Discuss the results, showing respect to each opinion and perspective shared.



Respect

R-E-S-P-E-C-T.... Find out what it means to me. Aretha Franklin's words guide us to dive in to what respect really means, and how important it is. Defined by Sara, the Responsive Counselor, Respect is:

- ***Treating someone how you and they want to be treated***
- ***Caring about the thoughts, feelings, beliefs and rights of someone else.***

The Bible says it this way in Luke 6:31:

And as you wish that others would do to you, do so to them.

As parents and teachers, we know that this trait is an important one in all types of relationships, and to all parties in those relationships. We can promote it by showing respect, care, attention and focus on what's important to others, and treating them in a way that balances how we would want to be treated, with how they want to be treated.

To promote and find ways to show respect, it is important to differentiate respect from other qualities. To respect others does not mean we need to agree with them or to think/act/live like they do. We can be very different and still show respect to others by seeing that others have value to them, even if they don't share our values.

Building this trait in children or teens often starts by adults modeling how to show respect, especially across differences. Parents and teachers can show respect to kids in different ways (supporting different interests/music/activities within health boundaries, speaking kindly, and supporting kids' rights to a healthy home/school environment) to encourage them to show it back and toward others. Talk about ways to show respect as a class or family and what behaviors, words or actions show disrespect. Often when people feel heard and understood, differences tend to matter less.

- When watching a movie, tv show or video together, look for examples of respect and disrespect, finding as many of each as you can. Talk about what went right in the respectful examples, and what went wrong in the disrespectful examples. Pause at a tense part and guess about likely emotions felt in that scene. Rewind to before a disrespectful instance to brainstorm more respectful ways to handle the situation. Talk about how our lives don't have a rewind ability but we can choose to pause and choose the next best thing to show respect to others. Talk about any real life connections to the scenes watched.

- Talk as a family or class about what respect Looks Like, Sounds Like and Feels Like. Consider age appropriate ways to show and receive respect. Agree as a group to work toward showing respect in the ways that the class or family agrees upon.

Images courtesy of [Pexels.com](https://www.pexels.com/)



Also talk about what to do when disrespectful words or actions happen at home or in class. Everyone messes up from time to time, so addressing the issues when they arise can help prevent further escalation. Acknowledging our own feelings can be a good first step to emotional self-regulation. All our emotions are OK, but not all ways of handling them are helpful. Checking in with our emotions can help us recognize how we feel and what we may want in that moment. Checking in with how others are feeling can help us gain perspective, and sometimes just taking a pause or a break can give the needed time to respond in a respectful way.

For this month, find ways to show respect and honor the rights of others in as many ways as possible.



Get more info or sign up to participate here:

<https://runsignup.com/Race/FL/Longwood/LCSWeCare5k>

LCS presents the 3rd annual 5K fundraising event:

5 K Run & Walk

Saturday, October 22, 2022

Checkin @ 8:00 a.m.

Race starts @ 8:30 a.m.

St. Stephens Lutheran Church in Longwood, FL

Shirts & Certificates for entrants

Virtual option available!

Proceeds benefit our Older Adult programs

Students, parents or school staff can sign up online for counseling services at school.

[Sign Up!](#)

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