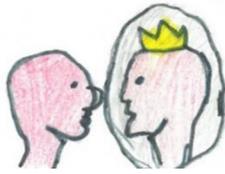




## THIS MONTH'S VALUE IS...

January 2019



# Self-Respect

- Self-respect means having pride and confidence in yourself and behaving with grace, honour, and dignity.
- Self-respect is about how you treat yourself, and how you allow others to treat you.
- Self-respect is about having the courage to stand up for yourself when you are being treated in a manner that is less than what you deserve.
- Self-respect is about being the kind of person that you are proud of.

### Things you can try...

- Make a list of all of your own strengths, good points or things you like about yourself.
- Be confident in your own abilities when you are doing different activities, for example, I think I will have a go at my homework on my own this week and see how I get on.
- Take a risk and challenge yourself to something. For example, thinking, I know I am a good reader, so I will have a go at reading this slightly more challenging book.
- Stand up for yourself and what you feel or believe. For example, you might be a person who always says, "Oh, I don't mind, you choose." Could you try saying what you would like for a change?
- Try to be a little more independent. For example if you are always helped with a task like putting your shoes on, perhaps you could say, "I think I can start doing that for myself as I am very capable."
- Accept a compliment. Lots of people find this hard and feel embarrassed. Practise being proud and believing the compliment.

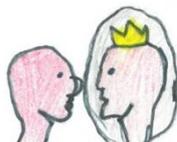
We would love to hear about how your family has been showing the value of Self-Respect! Make sure you let your teacher know by the end of January, so we can all be proud of you. You can ask a grown up to fill in the 'Wow Value' slip below and hand it in!



Name \_\_\_\_\_

Class \_\_\_\_\_

Values WOW for Self-Respect



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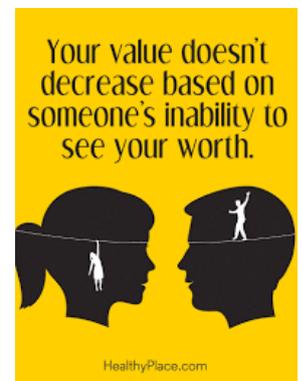
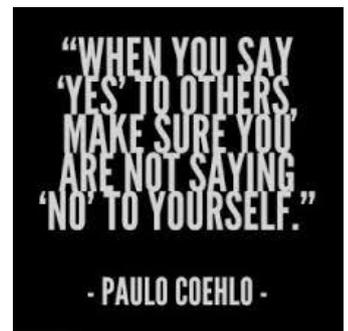
# A poem about Self – Respect by Ananya Pandey



Self-respect is ours  
And ours alone  
But, when weakened  
It can, easily, be undone  
Self-respect is a quality  
We should all cherish



It should be nurtured and made to flourish  
Self-respect is one of life's basic, human needs  
It's what drives us and helps us to succeed  
Self-respect creates ambition, motivation, and drive  
It's a key ingredient in making us thrive  
Self-respect inspires us to achieve our goals  
It gives us strength and feeds our very souls  
Self-respect is a chief factor in a successful life  
It strengthens us when faced with pain and strife  
Self-respect sharpens our judgement  
It builds our confidence and is, often, apparent  
Self-respect can, often, inspire the same in others  
It's the reason we may all, have our druthers  
Self-respect can, sometimes, be misunderstood  
It should reflect, in us, all that is good  
Self-respect should always be admired  
For, it is a trait, not easily acquired.



values WOW!