

# HOME CONNECTS

## RESPECT



### Social-Emotional Learning Objectives:

- Focusing on future aspirations as a way to get in touch with the self.
- Recognizing that self-care isn't selfish.
- Learning to deal with the self-destructive parts of ourselves.

### Let's Chat Conversation Questions:

- Write down what you like about yourself.
- Pay attention to your critical thoughts and what triggers them. Then say, "Stop thought. I love myself." Say it and write it down.
- Be your own best friend. What can you do today to feel better about yourself?

### Respectful Ways Q&A:

**Q:** Isn't self-care kind of selfish?

**A:** Self-care takes time, hard work, not just pampering. It helps us be our best selves for others – not just for ourselves.

**Q:** What's the benefit of dealing with your self-destructive tendencies?

**A:** Everyone has these tendencies, and until we deal with it, we won't be able to grow.

### Home Connects Activity Ideas:

- Make a point of practicing "self-time Saturday" or "self-time Sunday." Devote the time to self-development and feeding interests.
- Engage in conversations with your child about their future dreams and plans. Talk to them about your own aspirations when you were their age – and goals you have for your life now!
- Help your child tune out some of the "noise" from media and friends about who they should be. Point out negative stereotypes when you see them, and tell your child what you think makes them special.
- Talk about your own challenges. Address you, too, have weaknesses and failures, but choose to love yourself and overcome these obstacles.



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