



# Words of EXCELLENCE

Student's Name \_\_\_\_\_

Belt Rank \_\_\_\_\_

### DUE DATE

**Friday, May 27, 2023**

Remember these sheets are your responsibility, not your parents.  
INCOMPLETE WORKSHEETS WILL NOT BE ACCEPTED!!

## Yuen's Family Martial Arts Centre

# RESPECT

*"Treat others like you would like to be treated"*

### What's Respect?

Respect is an attitude of honouring people and caring about their rights. Being respectful is reflected in the courtesy with which we treat one another, the way we speak, and the way we treat other people's belongings. Without respect, people speak rudely to each other and treat others as if they do not matter.

Being respectful includes **self-respect**. Without self-respect, you would let others use you or hurt you.

A good way to practice respect is to think about how you would like to be treated and then treat others that way.

### Activity: Using Manners

*An important aspect of RESPECT is using manners. In the activity below, respond with the proper manners for each situation*

1) What should you say if you walk in front of someone?

\_\_\_\_\_

2) When you ask for something, you say....

\_\_\_\_\_

3) When you receive something, you say.....

\_\_\_\_\_

4) If someone is having a bad day and you see them upset, you ask.....

\_\_\_\_\_

Who do you respect in your life, and why?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Activity: Respectful Deeds

List all the ways you show respect, in each of the different areas

#### Respect for Self

1) *Ex. No negative self talk*

2) .....

3).....

4).....

5).....

#### Respect for Property

1) *Ex. I pick up garbage when I see it*

2) .....

3) .....

4) .....

5).....

#### Respect for Others

1) *Ex. I use good manners when speaking to others*

2) .....

3) .....

4) .....

5) .....

6) .....

7) .....

8) .....