



# BOK CHOY

Purpose: To think about how we can show respect to others.

Learning Focus: Respect for others

# Before we begin...



One way of showing respect is when we listen carefully to what other people say. We can also show respect by thinking about how our words and actions will make other people feel. This shows that we care about them.





Discuss the questions on the next few pages with a buddy...

1. How can you show respect for others by what you say and do?

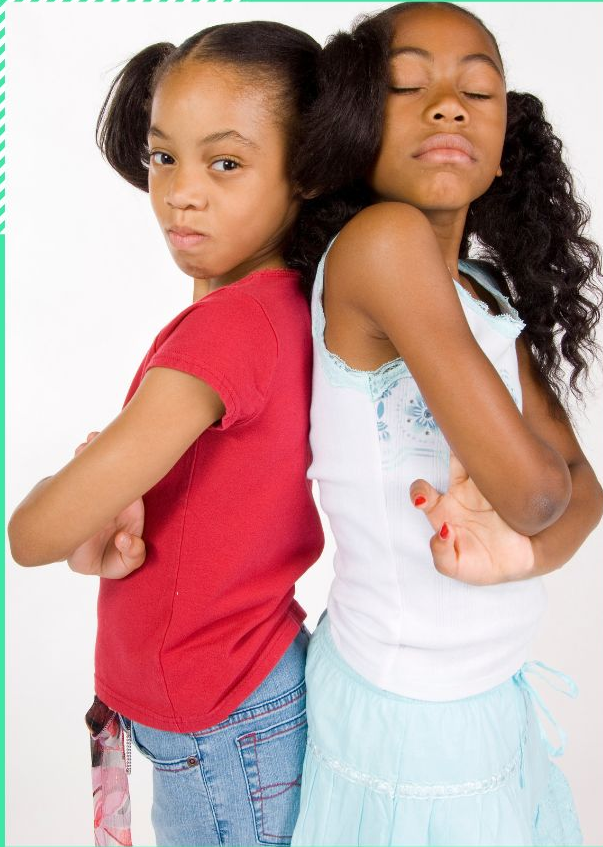
A large, empty rectangular box with a light gray background and a thin black border, intended for a student to write their answer to the question.

??



2. If someone else says or does something that makes a friend of yours feel bad what can you do to help?

A large, empty light gray rectangular box for writing an answer.



3. How can you still show respect for someone even if you don't agree with what they say or do?

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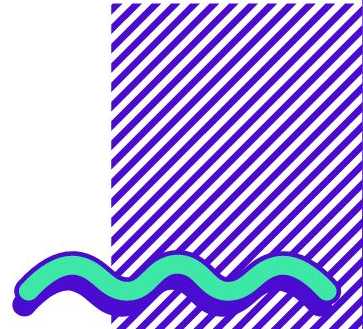


# WHAT'S NEXT?

In this story from New Zealand's past we read about how two families treat someone who is different from them and the strong feelings the characters have.

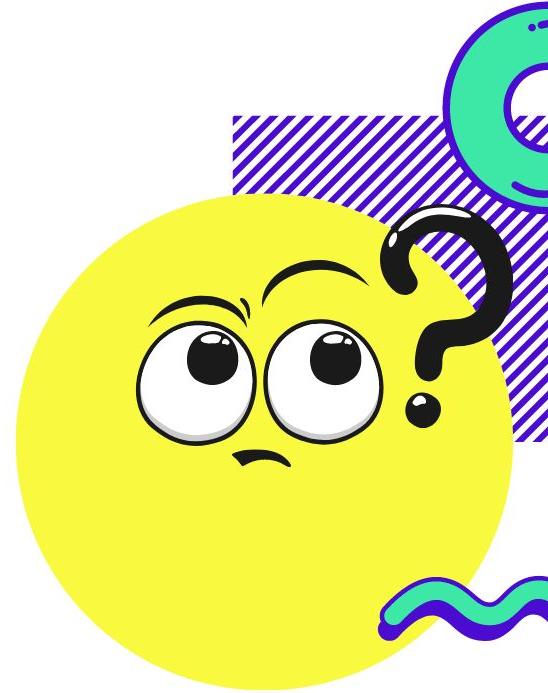
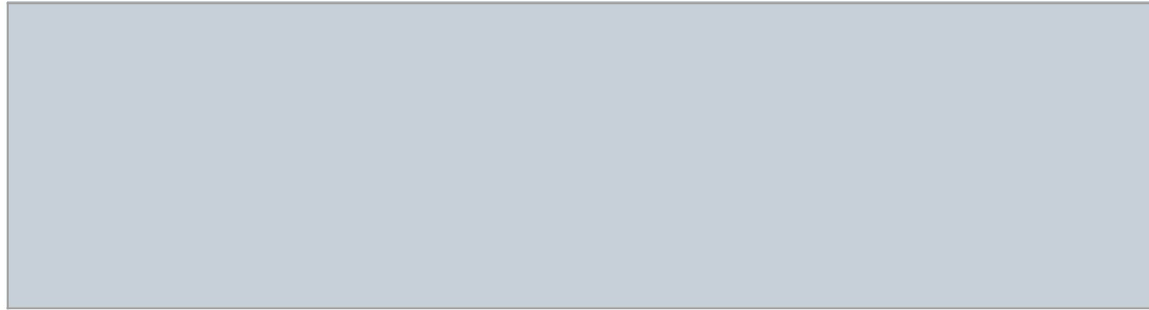
[Bok Choy E-book](#)

[Bok Choy Audiobook](#)



**Read or listen to the book and discuss these questions with a buddy or your group...**

1. What does Jacob's Mum say that shows respect for Ah Sum?



# Keep going...

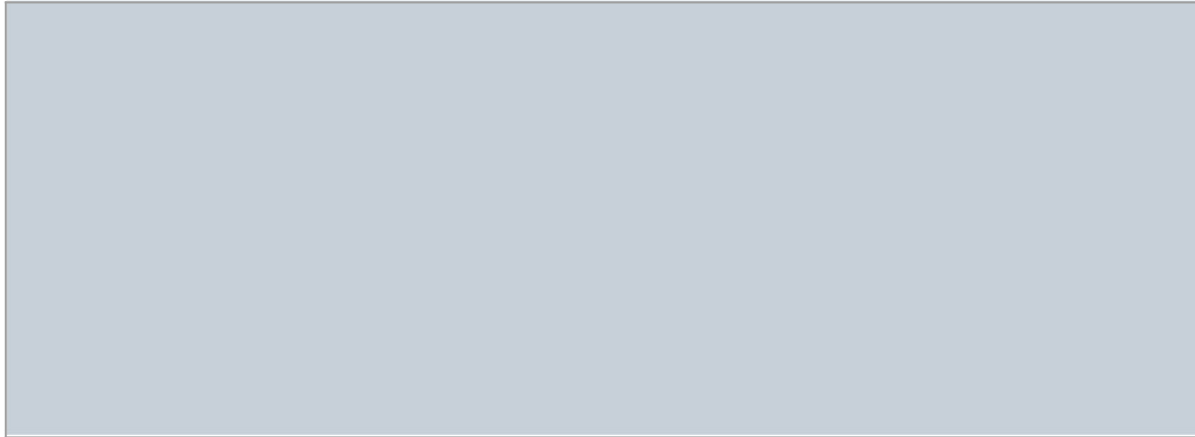
2. How do you think Ah Sum feels when he hears what Mrs Bishop and William say?





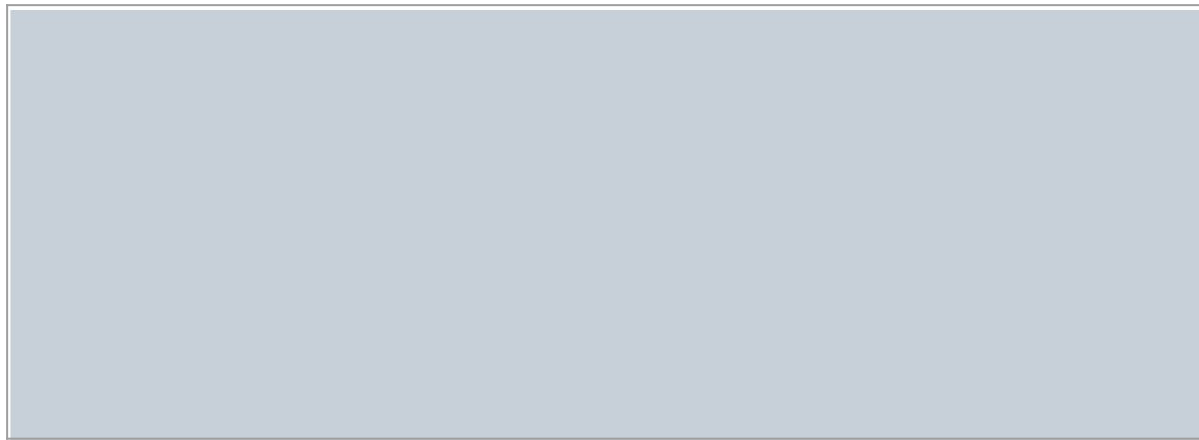
# Keep going...

3. Why do you think Jacob wishes Ah Sum hadn't come to his house?

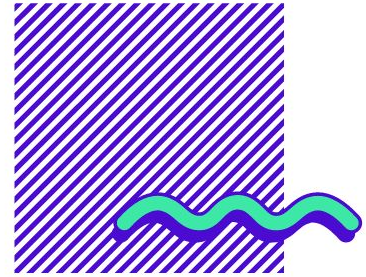


**Keep going...**

4. Why do you think Ah Sum helped Jacob?



# WATCH THIS...



In this video we learn how to respect others so they will respect us.



**Watch the video and discuss  
these questions with a buddy or  
your group...**

1. What was the very important thing that Elvis said at the beginning of the video?  
Hint: It begins 'In order to be.....' Why do you think this is an important statement?



2. What are the 5 things Elvis talks about that you can do to show respect to other people?







## **My Thinking Coaches**

Here's a couple of 'Thinking Coaches' that may help. Are there any Thinking Coaches you want to add to your Personal Thinking Coaches Journal? If so, do it now...

**"We all need to feel that other people respect us."**

**"I can show respect by what I say and do."**

**"I can show respect for other people even if I don't agree with what they say or do."**

**"Treating other people the way I want to be treated is the best thing to do."**

## **Now it's time to put your Thinking Coaches into action...**

Learning to treat others the way we want to be treated is sometimes called 'The Golden Rule.' We all like it when other people are kind to us. In this activity you are going to practise being kind to other people by doing small acts of kindness.



**Step 1:** Think of all the ways you can be kind to other people e.g. write an encouraging note, help with a job, say something kind, make a little gift, pick a flower from your garden to give to them, play with someone who needs a friend.





**Step 2:** Do a small act of kindness each day for a week. Hint: It's sometimes fun if you can do it in secret e.g. hide a kind note or card in someone's desk.



**Step 3:** Watch carefully to see how your acts of kindness make people feel.

**Step 4:** At the end of the week think about how your acts of kindness made other people feel. Think about how they made you feel.







# Extra for experts



You are going to write a skit (a short play) about one of the 5 ways of showing respect mentioned in the video.

**Step 1:** Watch the video again to remind yourself of the ways to show respect and to get some ideas for your skit.





**RESPECT**

**Step 2:** Choose one of the ways of showing respect:

- Be kind
- Keep your promises
- Be open minded
- Admit your mistakes
- Stop the gossip



Step 3: Write your skit. You could make a template like this one:

Skit title: \_\_\_\_\_

Characters:

Who are they:

Describe them

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

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

Scene:

Set the scene - Where is it? Who is there?

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



## Action:

What's happening?

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What is said?

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**Step 4:** Ask as many friends as you need to be in your skit and practise your skit until you are ready to perform it. When you are ready either perform your skit for your class or film it and show it to your class.







1. If I want other people to treat me in the way I want to be treated, what do I need to do first?

# Reflection Time





# Reflection Time

2. What can I do that will make other people feel that I respect them even when I don't agree with what they say or do?





# Reflection Time

3. Which Thinking Coach is your favourite? Have you added this to your Thinking Coaches Journal?

