



# Mental Health in Schools Team Tips For Wellness



## Respect

Respect is important in our lives because it helps us develop a sense of self-worth and improves our general wellbeing. This in turn will enable us to develop healthy relationships with others.

If we look at Maslow's hierarchy of needs, respect is part of ensuring that we have high self-esteem. When you respect yourself, this enables you to be open to new opportunities that will help you reach your personal goals. If you feel confident in your own worth, you are more able to recognise when others are not treating you well. *Scan the QR code below to watch a video about Maslow's hierarchy of needs!*

Being kind and respecting others enables them to feel valued and can also make us feel better.

### Our tips for respect:

1. Listen to each other's point of view and recognise that it is OK if you do not agree with someone else's opinion.
2. Try to keep discussions about the topic and not about the people who are sharing their views.
3. As a class, create an agreement and list the ways you would like to be respected by each other in school. You could all sign your name and pin this on the classroom door to remind you about how to be respectful!
4. In pairs/small groups, act out a role play to show how you can be respectful towards others. Remember, respect can be shown in lots of different ways so try and think outside the box!
5. Create a poster about how you can show respect outside of the classroom too. Think about what you could do at home and in the community.
6. Listen to the 'respect rap' by following the QR code and watching the video!



*Maslow's  
hierarchy of  
needs*



*Respect  
rap!*

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSstars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! [thankskids@covwarkpt.nhs.uk](mailto:thankskids@covwarkpt.nhs.uk).

**MHST are available to support you and your school throughout the school year including term time and school holidays.**

**Please contact your school's Mental Health Lead for information and advice.**