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# Word of the Month

## RESPECT

Respect means treating others as you would want to be treated! Self-respect means treating ourselves with dignity and taking care of ourselves. We need to practice both respect for others as well as self-respect in order to fully understand this value. Here are some ways to practice both:

### RESPECT:

- Say “please” and “thank you”
- Be polite even when you are grumpy
- Do not tease or insult others

### SELF-RESPECT:

- Take care of your body - go to bed on time and eat healthy foods
- Work hard in school - respect your intelligence
- Work hard in martial arts - respect your ability to learn new skills!

**Student Name:** \_\_\_\_\_



**Complete Form and turn into the Dojo**

**Between December 16 - 21st**

**Pick a Prize from the Treasure Chest**

