



# Respect Parent Newsletter

## Longer Version:

Our school is starting off the school year with Soul Shoppe facilitating a workshop on **RESPECT**. We aim to create a community of learning where each person is **respected** and honored for who they are. The two tools Soul Shoppe introduces in the first month are the "Chair of **Respect**" and the "Balloon".

The Chair of **Respect** is a metaphor in which students literally sit in a chair and share relevant problems and make good choices to **respect** others. We teach about choices and consequences, and support students to make wise choices for themselves.

Another tool is "the balloon", which is where we put feelings (like anger and sadness) when we don't know what else to do with them. These feelings make our balloons get "full", and sometimes we "leak" in hurtful ways (e.g. yelling, teasing, fighting). We teach students how to "empty" their balloons in healthy, **respectful** ways (e.g. talking about problems, reaching out to others).

All humans get "full balloons". After a hard day at work, or a stressful day taking care of children at home, our full balloons are apt to "leak" in hurtful ways. This is not the environment we want for our school, and we know it is not the environment you want in your home either.

Your child is making a commitment to how he/she will treat others at school. For consistencies' sake, it would be great if they were keeping that commitment at home too. We encourage you to practice the tools with your child by using the bookmarks that they bring home after the workshop.

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**Shorter Version:**

Our school is starting off the school year with Soul Shoppe facilitating a workshop on **RESPECT**. Our goal is to create a community of learning where each person is **respected** and honored for who they are.

The two tools Soul Shoppe introduces in the first month are the "Chair of **Respect**" and the "Balloon". These tools help us get to the core of what **Respect** means in our school community.

The "Chair of **Respect**" is a metaphor for making good choices to **respect** others. The "Balloon" demonstrates how we can deal with feelings that we don't know what to do with. We encourage you to ask your child about the metaphors, and practice the tools with your child by using the bookmarks that they bring home after the workshop.

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