

Respect

Respect is a feeling of admiration for someone else or an appreciation of their abilities and talents. Respect shows people that they are cared for and admired. To show someone respect means you understand their feelings and wishes.

Respect makes someone feel special and loved. It is important to respect yourself and to respect other people. People who don't feel respected may feel angry, lonely, confused or unhappy.

How do you feel when someone shows you kindness, respect and tries to understand what you are saying?

Complete the activities to show your understanding of respect.

