

Lesson plan

Me and the others

Respect and care for others

1. **Theme:** Me and the others: Respect and care for others
2. **Grade:** 3rd
3. **Lesson type:** for acquiring new knowledge
4. **Duration:** 40 min.
5. **Basic terms:** respect, care, family, friendship, society, support, empathy, fairness, responsibility, listening, communication, cooperation
6. **Pedagogical methods:** storytelling, presentation, discussion, dialog, reflection, group work
7. **Means:** board (interactive or otherwise), markers, laptop/computer, multimedia (screen/projector), ppt presentation, flipchart (optional), sheets of paper, pencils/pens/markers

8. Goals:

○ Educational:

The students

- ✓ Define the terms respect and care in their own words
- ✓ Explain why respect and care are important for living together in a classroom and society
- ✓ Demonstrate respectful and caring behaviors in classroom activities
- ✓ Identify examples of respectful and caring behavior in everyday situations
- ✓ Create their own strategies (class rules) that promote respect and care
- ✓ Compare respect and care with other values (like honesty or fairness) and discuss how they fit together
- ✓ Evaluate whether certain actions in given scenarios show respect and care, and justify their reasoning

○ Formational:

The students

- ✓ Listen to and show interest in discussions about respect and care
- ✓ Actively participate by sharing experiences of giving and receiving respect and care
- ✓ Express the belief that respecting and caring for others is important for friendship and life in the society

- ✓ Begin to consistently demonstrate respect and care in their daily classroom behavior, making it part of their personal value system
- ✓ Encourage respect and care among peers and friends

9. **Cross-curricular connections:** Social studies, Religious studies

10. **Intra-subject connections:** with the lesson plans on the themes: I support others, Me and my environment and the other modules from the theme Me and the others

11. **Expected results:**

- ✓ Students can explain in their own words what respect and care mean and why they are important in daily life
- ✓ Students can demonstrate respect and care through classroom interactions and activities
- ✓ Students can analyze real-life situations and decide whether actions show respect and care, giving reasons for their judgment
- ✓ Students participate actively in discussions and activities, sharing personal experiences of giving or receiving respect and care
- ✓ Students show that they value respect and care by expressing positive attitudes toward these behaviors
- ✓ Students begin to internalize respect and care as personal values, showing them consistently in classroom routines and interactions

12. **Preparation**

- For the teacher: Reading the theoretical base, downloading the presentation, preparing sheets of paper and writing tools for the students

13. **Structure of the lesson:**

Me and the others: Respect and care for others

1. Respecting and caring in society
2. Respect and care for others
 - What is the meaning of these words
 - Why are they important?
 - How to respect and care for people
 - Different religious notions about respect and care
3. Activity: Respect and care tree
4. Reflection and discussion

- The students are prompted to answer several questions on the subject, reflecting on their thoughts and feelings and engaging in a discussion.

14. Structure, content and timeline

1. Introduction (5 min.)

- Teacher activity:
 - Actualization of prior knowledge on the subject: What do you think means to respect someone?; Is it important to respect and care for our family and friends?; Do we need to respect other people too? (3 min.)
 - Introduction of new information and terms: (2 min.)

A society is a group of people who live together in the same place, like a neighbourhood, a town, or a country. The people in a society work together and depend on each other every single day. For example, farmers grow food that we eat, teachers help us learn, doctors take care of us when we're sick, and firefighters keep us safe. We all need each other to have a good life. Respect and care are the foundation of every society. Think of them like the strong base of a house. Without a good foundation, a house will fall down. Without respect and care, a society cannot work well. They matter so much, because they help us live in harmony – when we respect and care for each other, we get along peacefully instead of fighting or being mean. They help us solve problems kindly – when disagreements happen, respect and care help us talk things through and find solutions that are fair for everyone. They make everyone feel valued and safe – when people treat each other well, everyone feels like they belong and matter. No one feels left out or afraid. They build trust – when we care for others and treat them respectfully, they learn they can count on us. Trust makes it easier to work together and be good friends.

- Student activity:
 - Participation in the dialog, asking questions, active listening
 - Methods and tools:
 - Methods: dialog, storytelling
 - Tools: board, marker or an interactive whiteboard (for outlining the theme and the terms; optional, for writing down student's ideas, thoughts)
- ##### 2. Stating the theme of the lesson: Me and the others: Respect and care for others (30 min.)
- Teacher activity:
 - Short presentation, outlining the meaning of the words respect and care, providing examples of how to respect and care for people, focusing on the

importance of these actions and underlining different religious notions about them (8 min.)

- Theoretical overview, performed with the presentation:

When we respect someone, we show them that they matter. We listen when they talk, we don't make fun of them, and we remember that everyone is special and important. We don't have to agree about everything with everyone, or to be best friends with everyone, but we do need to respect them, be polite and kind.

When we care for someone, we help them and think about their feelings. We are kind and gentle, and we support them when they need us. We offer to listen to them when they need to talk, try to understand them, try to provide help and support.

There are many easy ways to be respectful and caring every day:

- Listen carefully when someone is talking to you
- Share your things with others, when they don't have enough
- Use polite words like "please" and "thank you"
- Help someone who is having a hard time
- Let everyone join in when you play games
- Think about how other people feel by asking yourself, "How would I feel if that happened to me?"
- Don't be rude or mean

People around the world have different beliefs, but they teach similar ideas about treating others well. Christians learn to "love your neighbour as yourself". This means treating other people with the same kindness and care that you would want for yourself. Christians believe in helping those in need, like the poor, the sick, and people who are struggling. Many churches run food banks, shelters, and programs to help people. Christians are also taught to forgive people who hurt them, just as they hope to be forgiven for their own mistakes. They follow the rule "Do to others what you would want them to do to you", which means always thinking about how your actions affect other people. The Bible teaches children to honour and respect their parents and to take care of family members.

Muslims are taught to help people who need it and respect their parents and elders. They help the poor by giving a portion of their money (Zakat, or "giving to the needy") to help people who don't have enough. This is one of the five most important practices in Islam. Islam teaches that respecting your parents is extremely important. The Quran says that being kind to your parents is almost as important as believing in God. Muslims also show special respect to older people by listening to them, helping them, and speaking to them politely. The Prophet Muhammad taught that a good Muslim is kind to their neighbours, shares food with them, and never harms them. Muslims are encouraged to visit people who are ill to comfort them and help them feel better. Islam teaches that words matter, that is why Muslims try to speak gently and avoid saying things that hurt others.

Jewish people learn to “treat others the way you want to be treated” and be respectful and kind to their neighbours. The Hebrew phrase Tikkun Olam means “repairing the world” and Jews believe it's their responsibility to make the world a better place through acts of kindness and justice. That is why they practice Tzedakah, which means “justice” or “righteousness”. It involves giving money or help to people in need. It's not just charity; it's considered a requirement and a way to create a fairer world. Another very important teaching in Judaism is honouring parents, as the Torah says, “Honor your father and mother”. The Torah also teaches Jews to be kind to strangers and foreigners because the Jewish people were once strangers in Egypt. This helps them remember to treat everyone with dignity. Jewish tradition values learning and teaching others, especially passing down wisdom to younger generations.

Hindus believe in respecting all living beings, because they believe that the divine spirit exists in everything. Hindus try not to hurt any living creature, whether it's a person, an animal, or even an insect. Because of this, they practice caring for the environment, rivers, trees, and animals. Hindus strongly believe in respecting older people and learning from their wisdom. Grandparents and elders are honored and cared for by their families. They also believe in helping others without expecting anything in return, like volunteering or caring for those in need. In Hindu culture everyone has the duty to be kind. When Hindus greet each other, they often say “Namaste” while pressing their palms together, showing deep respect.

Buddhists care for all creatures and try to help them feel better. One of the most important practices is called loving-kindness. Buddhists practice wishing happiness and peace for all beings everywhere. This includes their friends and family, but it also includes strangers they've never met and even people who have been unkind to them. To guide their daily lives, Buddhists follow five important rules for living kindly. These rules include not harming any living beings, not stealing, not lying, and treating others with respect. Buddhists also avoid using words that hurt or upset others. Instead, they think before they speak and try to say things that are true, helpful, and kind. Finally, Buddhists practice generosity, which means giving to others without expecting anything in return. Whether it's sharing food, spending time helping someone, or offering support when someone needs it, generosity is an important way Buddhists show care and build compassion in their hearts.

Even though these teachings use different words, they all share the same message: be kind, show respect, and care for everyone around you. For a society to be peaceful and fair, people must treat each other with kindness and respect. That's why respect and care are so important; they are like the building blocks that hold our whole society together.

Activity: Respect and care tree (22 min.)

- ✓ The teacher draws a structure of a tree on the board (or on an interactive whiteboard, flipchart, or digitally: <https://www.canva.com/online-whiteboard/>, or <https://onlineboard.eu/landing>, or <https://webwhiteboard.com/>, etc.)
- ✓ The teacher divides the students in small groups (3-4 students)
- ✓ The teacher provides instructions:

- Each group should think of 5 ways of being respectful and caring – to family, friends, elders, society (student include at least one way per each group of people)
- The teacher provides examples (sharing our things, talking politely, listening to each other, playing together, helping with carrying groceries) before the activity and helps with ideas during it
- When the groups are ready, each group shares their rules with the class
 - ✓ The teacher writes the ideas on the tree; when an idea is repeated, they underline it as a very important one
 - ✓ The teacher initiates a discussion, encouraging students to talk about the ideas they shared and why being respectful and caring matters
 - ✓ The tree with ideas can be replicated on paper (a sheet of paper or a poster) and hung in the classroom
- Student activity:
 - Participation in the dialog, taking notice of the presentation, asking questions, active listening, thinking of ways to be respectful and caring, proposing ideas, collaborating in a group, sharing ideas, reflecting on the activity
- Methods and tools:
 - Methods: dialog, presentation, storytelling, group work, discussion
 - Tools: interactive board or a screen, laptop/computer, board, marker, flipchart (optional, for writing down students' ideas), sheets of paper, pencils/pens/markers

3. Reflection and discussion (5 min.)

- Teacher activity:
 - Posing questions for a discussion:
 - ✓ What does respect mean to you?
 - ✓ How do you feel when someone shows you care?
 - ✓ Why do you think it is important to respect people who are different from us?
 - ✓ How can we show care in our classroom every day?
 - ✓ What could happen if people did not respect or care for each other?
 - Engaging the students with prompts:

- ✓ “For me, respect means listening to someone even if I don’t agree with them. For example, when my friend likes a different kind of music, I still listen and try to understand”
- ✓ “I remember once I was sick, and a friend brought me homework so I wouldn’t fall behind. It made me feel cared for and happy. Can you share a time when someone showed you care and how it made you feel”?
- ✓ “I once met someone who spoke a different language than me. At first it was hard to communicate, but when I showed respect, we became friends”.
- ✓ “Sometimes I see classmates helping each other with tricky math problems, or including someone in a game. What other ways can we show care in our classroom”?
- ✓ “I think life would be very difficult if people didn’t respect each other. For example, they wouldn’t be polite to each other”.
- Answering questions and clarifying information
- Student activity:
 - Engaging in the discussion
 - Reflection on their ideas and emotions on the subject
- Methods:
 - Methods: reflection, discussion, active listening

15. Variations:

- The “Respect charades” activity: The teacher divides the students into small groups; Each group receives a card with a respectful or caring action (e.g., sharing a snack, saying thank you, helping someone who fell); The students act out the action without speaking and the rest of the class guesses what it is; The teacher initiates a discussion about different actions and their impact on people.
- The “Respect and care storyline”: The teacher reads a short story (or students make up their own) where characters face a choice: respect/care vs. ignoring/disrespect; The students listen to the story (or help creating it together); After the story, students discuss: What did the characters do well? What could they have done differently?
- Role-play: The teacher prepares short scenarios and writes them on pieces of paper (e.g. “A classmate drops their books,” “Someone is left out of a game,” “Two friends want the same toy”); The teacher divides the students into groups of 2 people and each group draws a piece of paper from a box (a hat, teachers hands, bowl); Each pair acts out the situations in two variants: first with no respect and care shown, and the second – with polite words and actions; The class discusses which versions are better and why.
- The “Compliments activity”: The teacher gives instructions to the students to think of compliments for the person sitting next to them (to their right); Each student turns to the person on their right and gives them one kind or respectful compliment; Then the activity is repeated, but everyone gives compliments to the person to their left; The teacher organizes a discussion and reflection about the power of kind words and their importance.

- The “Classroom care rules”: The teacher uses the brainstorm method and instructs the students to propose rules about how to respect and care for each other; The students think of ideas and suggest them to the class; The teacher writes the rules on a poster and declares them the “Classroom care rules”; The teacher hangs the poster in the classroom and the students promise to follow the rules of kindness.

16. Interesting facts (from Rush, C., 2025: <https://blog.remitly.com/lifestyle-culture/how-different-cultures-show-respect/>; Ajayi, A., 2024: <https://www.pulse.ng/articles/lifestyle/unusual-signs-of-respect-in-different-cultures-of-the-world-2024072704434493042>; Wabeke, L., 2025: <https://www.rituals.com/en-nl/mag-kindness-for-you-discover-10-kindness-traditions-from-around-the-world.html>; <https://convoyofhope.org/articles/world-kindness-day/>)

- ✓ Islam teaches that saving one life is like saving all mankind.
- ✓ Christianity warns against anger and insult towards others, equating it with moral judgment.
- ✓ Buddhism teaches non-violence and kindness towards all creatures
- ✓ In Japan, not making direct eye contact, especially with someone of higher status or authority, is a sign of respect.
- ✓ Among the Maasai of Kenya and Tanzania, spitting is a form of respect and blessing. Warriors spit on their hands before shaking hands with elders, and parents spit on newborns to wish them good luck and prosperity.
- ✓ In India, presenting food or gifts with both hands signifies respect and sincerity.
- ✓ and reflects thoughtfulness. Interrupting or filling pauses with chatter can be interpreted as disrespectful, while silence shows appreciation for the other's presence.
- ✓ Eye contact is a sign not only for respect, but also shows attentiveness and openness in the USA and most parts of Europe.
- ✓ In the USA punctuality is valued a lot and it is considered polite and a sign of respect if people show on time for their meetings.
- ✓ The Jewish festival of Purim highlights charity and friendship with the tradition of giving food gifts to the less fortunate, emphasizing good deeds and kindness.
- ✓ In Italy, the tradition of "Caffè Sospeso" (suspended coffee) involves paying for an extra coffee to be claimed by someone in need, spreading kindness in everyday life.
- ✓ Globally, World Kindness Day is observed annually on November 13 to promote goodwill, empathy, and acts of kindness among people.
- ✓ In Ancient Greece, people believed the god Zeus commanded them to welcome strangers into their homes with food and shelter before asking any questions, and guests were expected to be respectful and not stay too long. The word philoxenia comes from two Greek words: xenia (showing generosity to travelers) and philo (care for), which together mean “love of strangers” and later became known as hospitality.