

ACTIVITY FOR STATEMENT #1 Respecting Self and Others

This activity is designed to introduce practical skills and perspectives for nurturing peace at home. It recognizes the first statement of the Family Pledge for Nonviolence as an effective tool for children, youth and adults to establish common patterns for peaceful living.

Preface this activity with the lead-in or gathering activity that is designed to introduce each statement of the Family Pledge for Nonviolence. If you are sharing this time with young children, you may wish to plan separate occasions to address each one of them.

Supplies:

- Bible
- Copies of the [Coloring Sheet for "Respect"](#)
- Narrow strips of paper
- Pens or pencils
- Crayons or markers

Approximate time: 15-20 minutes

Leader's Notes:

- Distribute copies of the coloring sheet and invite participants to color it while they are waiting for everyone to gather.
- Utilize the Lead-in or Gathering Activity to set the stage for this activity. Refer to Statement #1 to complete the phrase "Today, we seek to...." Then, display a copy of the coloring sheet and ask your participants to comment on the role respect might play in peacemaking.
- Ask your participants what it means to respect yourself and others. Ask them to give some examples.
- Suggest that a "respect for self and others" implies a special regard or care. Read the following Bible verse.

Teacher, which commandment in the law is the greatest? He said to him, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the greatest and first commandment. And a second is like it: "You shall love your neighbor as yourself." Matthew 22:36-39 NRSV

Point out that the second statement describes our love for others as a reflection of our love for ourselves. Talk about how difficult it can be to love and respect others if we don't love or respect ourselves. Indicate that it all seems to begin with self respect and extend to others in the way we talk with them and treat them.
- Introduce the Moving Name Game.
- Record a few ideas of things that might be done to nurture a respect for self and others. Display them as you introduce the closing exercise.

Activity A: The Moving Name Game (For families or groups with younger children)

This game gives children a chance to blow off steam! Even if people already know each other, it gives them a fun way to celebrate and affirm their individual identities. Claiming our names and saying it in front

of others affirms our significance as individuals created in God's image and worthy of respect. It also inspires us to give others the opportunity to do the same.

Instructions: Invite participants to associate an action with each syllable of their name, e.g. jumping, clapping, or twirling around. For example, if your name is Pamela, you might wave your left arm for "Pam" and your right arm for "e," and then clap for "la." As the first person shares their name and actions everyone else repeats them. After the second person shares their name and actions, the group repeats the first and second person's gestures. The game continues until all the names and gestures have been accumulated and everyone has had a turn. (If your group is larger than ten, you may wish to divide it into groups of two.)

Activity B: How Sweet It Is! (For families or groups with older children)

Supplies:

- A bag of candy-coated chocolates
- A large envelope
- A copy of the following list of things:

Things People Have in Common

- The need to love and be loved
- The need for friendship and companionship
- The need to feel like people value what we think, do, and say
- The need to become involved in things that interest us
- The need to feel safe and live in peace and harmony
- The need to forgive and be forgiven
- The need to have a significant or meaningful role to play in life
- The need for a sense of purpose or fulfillment

Preparations:

- Draw an outline of a person on the front of the envelope
- Place the list inside the envelope

Instructions:

Give each participant a handful or small bag of candy-coated chocolates. Invite them to take a look at the pieces of candy and identify some of their similarities and differences. Note that they may prefer one candy before another based on its color.

Display the envelope and associate your initial insights with similarities and differences you may observe about people. Identify some things that you may readily know about people, e.g. their physical appearance, their height or color of their eyes and hair, their interests or involvement in specific sports or activities.

Open the envelope and display the list you placed inside it. Refer to it as a list of things we all have in common. Just as the candies all had chocolate inside, we all have the same basic needs. You may wish to give specific and age-appropriate examples of each item on the list as you highlight it.

Point out the significance of regarding the interests, needs and abilities of others, as we would wish others to regard ours.

Closing Activity: I'd Like to Change My Ways.

Distribute slips of paper along with writing utensils. Invite everyone to make note of one thing they would be willing to do to be more respectful of self and others. Encourage them to keep it in their pocket, purse, or on a mirror at home, etc.

Close this activity by sharing a brief prayer along with the following Bible verse.

Little children, let us love, not in word or speech, but in truth and action. I John 3:18 NRSV