

K-6 Communicating differences, treating others with dignity and respect

Happy Holidays Parents and Caregivers,

I hope you are having a wonderful December and looking forward to the break. This month we are discussing how to communicate difference of opinion, how to show gratitude and how to treat others with dignity and respect. Learning these communication tools is important because we need them for our entire lives. We are never too young or old to learn and adjust how we approach and treat others.

My hope is that you all have a happy, healthy and safe holiday season and feel free to reach out to me anytime.

Sam Grabert

Communicating Differences

1. **Understand-** Usually when we disagree it is because we do not understand each other. Try looking at it from a different lens. This means to take a step back to try and understand what the other person is trying to say. This does not mean you have to agree, but it means you are trying to be more open and hear what they are saying.
2. **Look beyond yourself-** Often the disagreements we have are rooted in something that was said that triggers something in you. Sometimes these triggers are something that has happened in the past that you are still struggling with or are still trying to move past. Take a step back and see the disagreement for what it is and not bring the past into the present.
3. **Look for how you are similar-** it is easy to point the finger at others and pick out differences, but it is much more difficult to see how you can be similar. When we only focus on the differences, the gap to find similarities grows bigger. However, to close the gap, move away from picking out the differences and look for the similarities to find how you are more similar than different.
4. **Be a good listener-** When we disagree, our minds are plotting our next move. This makes us fail to hear what the other person is saying. So, stop! Put your thoughts and agenda on pause and really listen to the person talking to you. This can be exceptionally difficult if what they are saying is what we do not want to hear but need to hear.
5. **Take responsibility** – In a disagreement, take responsibility for things you say that may be hurtful or not true. Be honest with yourself and what your feelings really are and the person you are having the disagreement with.
6. **Make a commitment-** When in a disagreement, it is easy to say what it is the other person wants to hear to get it over with. Commit to stick to the subject and engage in a positive health manner. Do not bring in subjects or drudge up the past with subjects that do not pertain to the disagreement.
7. **Use good language-** Set boundaries with yourself. Calling names, swearing and using put downs have no place in a discussion. Do not speak in negatives. This will shut down the other person and you will not be heard. Bringing positivity will

help the disagreement be resolved more quickly. When there is name calling, swearing and put downs you can always apologize, but you cannot take it back.

Treating Others With Dignity and Expressing Gratitude

Dignity and showing gratitude means being valuing and respecting who you are.

There are many ways to show dignity and gratitude for others. It is also important to show dignity and gratitude for yourself. When you show yourself dignity and gratitude you can then show it to others.

30 Ways to Show Dignity and Respect

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| Sweat the Small Stuff | Smile | Listen |
| Say “Hello” | Say “Thank You” | Reinvent the wheel |
| Be Open | Be flexible | Join the team |
| Be a relationship builder | Treat other the way they want to be treated | Be culturally competent |
| Break the ice | Demonstrate mutual respect | Ask |
| Find common ground | Communicate respectfully | Practice patience |
| Seek understanding | Share your point of view | Get someone else’s point of view |
| Lead the way | Do the right thing | Be considerate |
| Remember we all make mistakes | Get involved | Become a mentor |
| Take a healthy step | Lend a hand | Be a champion of dignity and respect |

Other Resources

Song Showing Respect -for kids

<https://www.youtube.com/watch?v=ZgidFs-j4M>

30 Ways to show dignity and respect

<https://www.youtube.com/watch?v=Eb9XURIEQAs>

Treating others with respect Paying it Forward

<https://www.youtube.com/watch?v=PT-HBI2TVtI>

Kelly Clarkson – Because of You

<https://www.youtube.com/watch?v=Ra-Om7UMSjc>

Animated Short Film: "Dustin" - by The Dustin Team

https://www.youtube.com/watch?v=BTSH3hxdk_A