

# CHOOSE TO BE NICE<sup>®</sup>

LEARNING ACTIVITY GUIDE - FIRST GRADE

## RESPECT



**RYAN THE RESPECTFUL MOUSE**  
is always polite.

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### WHAT'S INSIDE?

- Student-centered activities designed to promote lifelong social and emotional intelligence
- Book recommendations + literacy activities
- Home connections + tips for parents

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Welcome to the First Grade Respect Learning Activities!

This month, your school community will be emphasizing the importance of respect. Use this Learning Activity Guide to help students understand and embrace respect through an engaging video or audio recording, a children’s book, a lesson, discussion questions, extension ideas, bonus materials, and at-home engagement. These fun and student-centered activities are cross-curricular and include opportunities for children to collaborate and work independently, exercise their literacy skills and creativity, and develop social and emotional awareness.

The Choose To Be Nice® school program is a comprehensive and engaging SEL (social and emotional learning) program that focuses on the nine important values of respect, kindness, acceptance, teamwork, honesty, responsibility, friendship, patience, and courage. Schools focus on one value per month, and all program components are designed to foster empathy, kindness, and lifelong values that will help children become resilient and compassionate individuals. All learning activities are aligned with the five core social-emotional learning competencies identified by CASEL (Collaborative for Academic, Social, and Emotional Learning), the nation’s leading organization advancing the development of academic, social, and emotional competence for all students. As students go through the Choose To Be Nice program and learn and practice the Choose To Be Nice values, they are building their skills in the five competencies: self-management, self-awareness, responsible decision making, relationship skills, and social awareness.



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# GETTING STARTED

## OUR VALUES

Choose To Be Nice promotes its mission with these nine important values:

**RESPECT** - be polite and show consideration for others and their differences

**KINDNESS** - be nice and friendly to people wherever you go

**ACCEPTANCE** - appreciate and recognize people for who they are

**TEAMWORK** - collaborate and work together with others

**HONESTY** - be truthful and fair

**RESPONSIBILITY** - be accountable for your own actions

**FRIENDSHIP** - be a friendly companion other people want to be around

**PATIENCE** - be calm and understand that some things take time and endurance

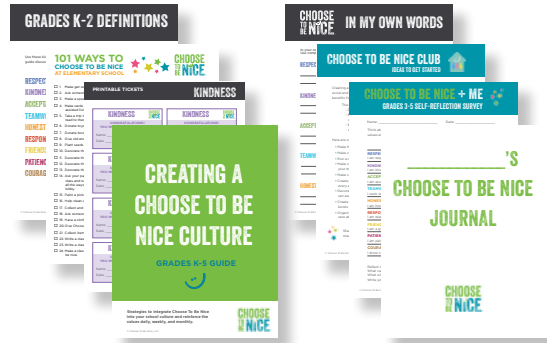
**COURAGE** - be brave and dare to be nice even when it's hard

# GETTING STARTED

## ONLINE RESOURCES

Resources for educators and families are available to download on our website.

**Educator Resources Page:** The entire Choose To Be Nice curriculum, along with supporting documents, additional student worksheets, at home activity guides, bonus materials, and this guide, are all available on our website on the Educator Resources Page. To access materials visit: [www.choosetobenice.com/educator-resources](http://www.choosetobenice.com/educator-resources). Use password: **CTBNschool24-25**.



**Family Resources Page:** Please be sure to direct your families to our online **Family Resources Page**, where we have additional engaging and fun at home activities for families, as well as tips and other resources. Families can access the activities at: [www.choosetobenice.com/home-community-resources/](http://www.choosetobenice.com/home-community-resources/).



# GETTING STARTED

## SUGGESTED SCHEDULE

Here is a suggested schedule to follow for First Grade Respect Month:

### **Prior To Week One:**

- Send home the Choose To Be Nice At Home Activity Book (First Grade Respect) available on the Educator Resources Page
- Have books from the suggested book list readily available for your students

### **Week One:**

- Play Ryan's video found on the Educator Resources Page
- Practice the Respect Chant
- Respect Learning Activity: Respect vs. Disrespect

### **Week Two:**

- Have Group Discussions about respect

### **Week Three:**

- Have students reflect on and write about respect during journal time. Journal covers and pages are available to download from the Educator Resources Page

### **Week Four:**

- Respect Extension Activity

## CHOOSE TO BE NICE AT HOME ACTIVITY BOOK

Essential to adopting any new behaviors is making sure the learning reaches home. **Choose To Be Nice At Home Activity Books** help to reinforce the Choose To Be Nice values and encourage positive dialogue at home. Each Guide includes a note to parents/guardians, a fun activity, a chant for younger students, discussion questions, a coloring page and a poster. Be sure to send this guide home prior to starting this month's learning activities.



## RYAN THE RESPECTFUL MOUSE VIDEO

In this short video, **Ryan the Respectful Mouse** introduces younger students to the concept of respect through everyday examples and builds excitement for additional learning and exploration. The video includes a chant to help kids remember to be polite and offers a foundation for classroom discussions and activities on respect. Be sure to play this video prior to starting this month's learning activities.



## RYAN THE RESPECTFUL MOUSE CHANT

Each Choose To Be Nice value has a chant to help younger students in PreK-2 remember key concepts. Here is Ryan The Respectful Mouse's chant:

*Use manners, be polite.*

*Ryan says please and thank you*

*With all of his might.*

All At Home Activity Guides, videos, and chants are available on our website on the [Educator Resources Page](#). Password is CTBNschool24-25.

# RYAN THE RESPECTFUL MOUSE

is always polite.

**BOOK SUGGESTION:**

**Officer Buckle and Gloria**, By Peggy Rathmann

**LEARNING ACTIVITY:** Respect vs. Disrespect

**SUBJECT CONNECTIONS:** English Language Arts, Visual Arts, Social Studies

**MATERIALS NEEDED:**

- Copies of Respect vs. Disrespect

**INSTRUCTIONS:** Introduce students to Ryan the Respectful Mouse by playing Ryan’s video. Ask children to describe what **respect** means.

Next, read **Officer Buckle and Gloria**. Model respectful behaviors and disrespectful behaviors similar to what was in the story, and invite students to guess which behavior is being modeled. Then, invite children to share the feelings associated with the behaviors.

Hand out copies of the Respect vs. Disrespect worksheet. Have each student independently illustrate a respectful behavior on one side of the worksheet, and a disrespectful behavior on the other side.

Ask students to complete the sentence starters: “*This picture shows respect because...*”; “*The people in this picture feel...*”; “*This picture shows disrespect because...*”; “*The people in this picture feel...*”.

When students are finished drawing and writing, invite them to share their worksheets with the class and have students reflect on the importance of being respectful.



Use with FIRST GRADE RESPECT activity: Respect vs. Disrespect

<p style="text-align: center;"><b>RESPECT</b></p>	<p style="text-align: center;"><b>DISRESPECT</b></p>
<p>This picture shows respect because _____ _____.</p> <p>The people in this picture feel _____.</p>	<p>This picture shows disrespect because _____ _____.</p> <p>The people in this picture feel _____.</p>

## DISCUSSION QUESTIONS (K-2)

Use these questions to engage students in thoughtful discussions about respect.

- What does respect look like? Sound like? Feel like?
- How can you be respectful to your classmates?
- Read a quote about respect. Discuss what it teaches about being respectful.
- Why do we need to show respect? What would happen if people didn't respect one another?
- What actions can show disrespect? (For example: littering, leaving the classroom library messy, not throwing away paper towels in the restroom, using an outside voice during center time, etc.)
- Tell about a time when you showed respect to another person. How did it make you feel? How did it make them feel?
- Share about a time when someone did not show you respect? How did it make you feel? What do you wish they would have done instead?

## SOCIAL STORIES (K-2)

Social Stories are fun and engaging short stories that show a Choose To Be Nice value in action. Read the story out loud and use the questions to prompt meaningful discussion.

**Story #1:** Cynthia and Min were playing on the playground during recess. Cynthia took a break from playing to have a snack. When Cynthia opened her snack, the wrapper fell on the ground. Min noticed that the wrapper fell and told Cynthia. Cynthia responded with, "Oh well. I don't see a trash can out here today." Min was very upset. Her family had always taught her not to litter because it is not being respectful to the Earth. She picked up the wrapper and put it in her pocket so that she could throw it away inside.

- *Who was respectful in this story? What did they do that was respectful?*
- *Who did not show respect? How did they not show respect?*
- *What could Cynthia have done differently?*
- *What would happen if everyone littered?*

## SOCIAL STORIES, cont'd

**Story #2:** One day, the second graders in Mr. Harris' class were lining up for lunch. José lined up, but then realized that he forgot his snack. He stepped out of line to get his snack from his bookbag. When José stepped out of line, Emma stepped forward to take his place. After getting his snack, Jose returned to his spot in line and saw that Emma had taken it. He said, "Emma, I was there but had to go get my snack. Can I get back in my spot?" Emma said, "Sure! I didn't realize that you had forgotten something." José smiled and stepped back in his place in line.

- *Who was respectful in this story? What did they do that was respectful?*
- *How do you think José felt?*
- *What would you do in this situation?*

## EXTENSION IDEAS

Use these Extension Ideas to extend and reinforce the learning anytime throughout the month and year.

- Have students share their illustrations with another class.
- Play a game of charades where children have to silently act out different scenarios, showing respect or being polite.
- Have students write in their CTBN Journal about respect using the sentence starter, "Respect makes me feel..."

**ADDITIONAL BOOKS LIST - RESPECT (K-2)**

Use these additional books to reinforce the concept of respect.

**Mr. Lincoln's Way**, By Patricia Polacco

**Just Plain Fancy**, By Patricia Polacco

**What If Everybody Did That**, By Ellen Javernick

**I Am Enough**, By Grace Byers

**Do Unto Otters**, By Laurie Keller

**The Golden Rule**, By Ilene Cooper

## BONUS MATERIALS

**Award Certificates:** Choose To Be Nice Award Certificates are a great way to promote a positive school culture and reinforce the Choose To Be Nice value of the month. Use the Respect Award Certificate to recognize those students for consistently being polite and showing consideration for others and their differences.



**Reward Tickets:** Keep a stack of Respect Tickets handy. When you observe a student showing respect through actions, words or interactions, award them a ticket. Empowering students to award these tickets to their peers is a great way to encourage them to recognize and value respectful behavior in different situations. Consider setting up a system where tickets can be exchanged for small rewards or privileges.



**Coloring Page:** Students can use coloring pages during quiet time. Display completed pages around the classroom to celebrate students' understanding and commitment to respect.



**Poster:** Hang the poster in your classroom as a visual reminder of the importance of respect. Use the poster to spark meaningful discussions about respect.





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# RESPECT AWARD

*This award is being presented to*

---

*for being polite and showing consideration  
for others and their differences.*

*Keep up the good work!!*

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# RESPECT

CHOOSE  
TO BE  
NICE.

CONGRATULATIONS! YOU WERE  
CAUGHT BEING RESPECTFUL

Name: \_\_\_\_\_

Date: \_\_\_\_\_



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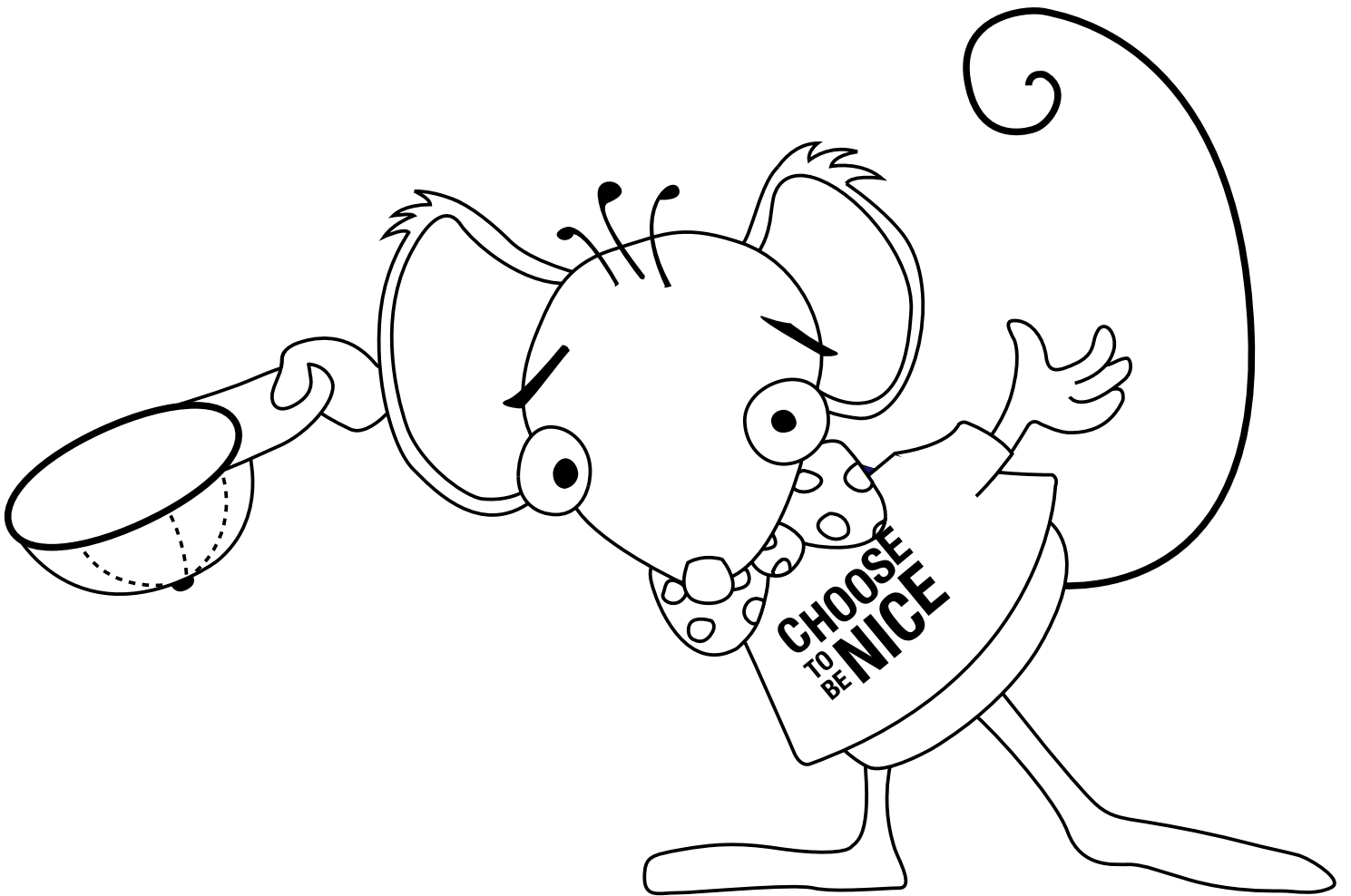
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