

Take a

Be Kind Break™



be respectful

6<sup>th</sup>-8<sup>th</sup>  
Grade



Social Studies  
& Civics

The **Be Kind Pledge** lists 10 skillsets of kindness.  
This month we are focusing on **Be Respectful**.



I pledge to

- Be Encouraging
- Be Supportive
- Be Positive
- Be Helpful
- Be Honest
- Be Considerate
- Be Thankful
- Be Responsible
- Be Respectful
- Be a Friend

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### What does RESPECTFUL mean?

The dictionary says showing respect is the act of giving attention, thought, gratitude or admiration to someone.

When you are respectful you recognize and appreciate others for who they are.

It is being aware of how you treat yourself and others, and doing so with kindness.

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## The Value of Respect

Dr. Martin Luther King Jr. was a civil rights leader, pastor, husband, father, Nobel Peace prize winner, and source of strength for so many people during a time in history where African Americans faced segregation in schools, were banned from public facilities, and were made to give up their bus seats.

One of the most notable parts of Dr. King's fight for equality was through the method of nonviolent / peaceful protest. Nonviolent / peaceful protest is the act of fighting for social change with symbolic demonstrations and breaking expected societal norm without engaging in violence. Despite being mistreated in nearly every way, Dr. King showed respect to everyone, even to those who were disrespectful. Dr. King's showed his strength through his respect and kindness.

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## The Power of Kindness

Many historians and civil rights activists across the world agree that Dr. King's impact was so strong because of his kindness.

Dr. King showed incredible kindness through adversity. Dr. King was driven to inspire change and because of his commitment to justice, respect of all people, and speeches that transcend time, his legacy and fight for equality continues today.

In partners, discuss the question below.

***How can kindness be used to initiate positive change in your society?***

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### Extra! Extra! Read all about it!

It's important to stay up to date on current events. In the mornings as she is eating breakfast, Alix likes to stay up to date with current news by flipping through the newspaper. While there is interesting information, she can sometimes get discouraged by the bad news or ways that people are treating each other.

What would the newspaper headlines look like in 5 years, if people were respectful of each other?

In small groups of 2 or 3 students, help Alix answer this question by writing your own newspaper section! Draw on the impact of Dr. Martin Luther King Jr. and as a group, create a short article within the possible sections of current events, sports, music, films, economics, cultural representation, the environment, international affairs, or gastronomy. As a class, share your articles and be respectful of your classmates' hard work!



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## Academic Standards & References

Common Core Standards and College and Career Readiness

D2.Civ.12.6-8. Assess Specific Rules and Laws

D2.Civ.14.6-8. Compare Historical Change

D2.Geo.4.6-8. Cultural Patterns and  
Economic Decisions

D2.His.5.6-8. Changing Perspectives

D2.His.14.6-8. Analyzing Complexities of the  
Past

D2.His.15.6-8. Evaluating Influence

D2.His.17.6-8. Comparing Arguments

CCSS.ELA-LITERACY.W.6.2 Writing  
Informative Texts

CCSS.ELA-LITERACY.W.6.3 Writing a  
Narrative



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