

Let's breathe



Happy place



Sit comfortably or lay down.
Imagine all the things that make you happy. Choose one of your favourite places to be, imagine being there right now. Breathe in slowly and exhale.

Repeat.

A value is a principle that guides our thinking and behaviour

You can *have* respect for someone because you admire something about them

You can *have* respect for someone's feelings, their wishes or their rights

You can *have* respect for things other than humans or things that aren't living

We can't expect to be respected unless we show <u>RESPECT.</u>

How can we

show RESPECT



