



Wellbeing Playlist

I am valued
and
respected.



Story, Talk, Try it!

The Nest is Australia's shared vision for the wellbeing and development of all children and young people.



Respect

Age group: 4-8

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Illustrator: Missy Turner

Storyteller: Emma Watkins

Publisher: Five Mile Press

Themes: Values, respect, positive relationships



This book supports
Value, Love & Safe in
The NEST: Ensuring
children feel valued in
loving and secure
environments

Talk

1. Look at the cover on the screen before pressing play. What do you think this story is about?
2. What can help to 'grow your heart'?
3. Can you think of a way you show you value and care about someone else?
4. What are some ways you show respect to yourself?
5. "Respect spreads like sunshine." Discuss this phrase from the story. How do you think this happens?
6. Does it matter if someone doesn't have the same interests as you, or feels differently about something? How can you show respect when someone has a different opinion to you?

* Raising Children Network: Prosocial Behaviour

In the story, showing respect means valuing others and helping them feel cared for and understood. Prosocial behaviour, like kindness, sharing and cooperating, is a way to build this into everyday life.

- Notice and praise moments of listening and turn-taking.
- Talk about how actions affect others, like "If you keep all the crayons, how do you think Karan feels?"
- Talk about characters' feelings in stories, and why kindness and respect made them happy.

Try it!



Emma
Watkins



Scan the QR code to
view the story!

For the full activity see: raisingchildren.net.au