



BENEFICIAL HABITS: RESPECT, SELF-ESTEEM, ECOSYSTEMS & WATER SAFETY



RESPECT is to feel or show esteem (respect and admiration) or honor for someone or something. Here are a few examples of respect: speaking to others civilly (courteous and polite) like saying "yes ma'am/sir" and "no ma'am/sir"; being quiet in a library; truly listening to someone when they are speaking to you; or walking around, rather than through, protected wilderness.



No one likes to be disrespected or made to feel that their opinions or input don't matter. But one thing that is really important to remember:

"No one is born with respect! Respect is earned and can only be earned by giving it to others!"

Having respect for yourself is very important. You have to **love** and **accept** (believe or recognize valid or correct) yourself, for who you are, and then respecting others will come naturally! It all comes down to that golden rule we all learn growing up: **"Treat others as you would have them do treat you!"**



SELF-ESTEEM or Self-Respect is feeling good about yourself. Good self-esteem helps encourage you to try new things, take healthy risks and solve problems. It gives you a solid foundation for learning and development. Self-esteem is about liking yourself and who you are. This doesn't mean being overconfident - just believing in yourself and knowing what you do well. Self-esteem goes up and down throughout our lifetime, sometimes day to day or even hour to hour! Building and improving self-esteem takes time. Maintaining self-esteem requires daily attention - just like a muscle that requires regular exercise!

NEVER SAY,
"I CAN'T"
ALWAYS SAY,
"I'LL TRY"

Have you ever tried to describe yourself to someone? What adjectives (describes something or someone) did you use? Sometimes we have no issue whatsoever describing, in bright colors and beautiful words, places we've been, movies we've seen or new friends we've made; but when it comes to describing ourselves we hold back.

Take a look at the words in the image below. Try to use a few on the next page activity or in the future in conversation or just in the mirror every morning.



- S**hare your problems with someone trustworthy
- E**ducate yourself to make good choices
- L**earn to respect yourself and others too
- F**ollow the advice of people who you love and trust
- E**xpand your unique talents with practice
- S**tay safe- stay away from bad influences
- T**hink before you act-solve problems don't make them
- E**arn respect by giving it to others
- E**veryone makes mistakes-learn from yours and others
- M**ake the best of who you are- be you

ALL ABOUT ME...

Fill in each petal. Be honest and true to who you are. There are no wrong answers! Love and respect yourself and you can be anything in life.

Three things that describe me...

When I grow up...

I'm really good at...

My name is...

What I like to do for fun...

My favorite book or movie is...

My family is...



Like, love, embrace & accept yourself.

Show RESPECT towards others and yourself.



Use good posture. Stand tall as you are.



Follow your curiosities & learn! Try or create something new.

Treat yourself with kindness & compassion, even & especially when life gets hard.

See MISTAKES AS AN OPPORTUNITY TO LEARN.



Remember That NO ONE IS PERFECT.



Don't compare yourself to what you see in the media.



Focus on the things you have control over & can change.



Choose friends who treat you how you want to be treated.

BE YOUR OWN BEST FRIEND



Create. Build. Cook. Bake. Garden. Do Art.

Do more of what helps you feel good about yourself.



Look in the mirror & tell yourself, "I love you."



Don't compare yourself with others. You are unique!

READ!



Make choices that stay true to what you value.

Learn & practice healthy ways to cope with stress.



Laugh! Play! Have fun! Get silly!

Say positive affirmations.



50 Ways to Build SELF-ESTEEM for kids

PRACTICE GRATITUDE



FOCUS ON THE POSITIVES & BE OPTIMISTIC



FORGIVE OTHERS. FORGIVE YOURSELF.



Take slow, mindful breaths.

Eat healthy food.

EXERCISE!



Practice daily hygiene.

TELL THE TRUTH & BE HONEST



Resolve conflict peacefully & use I-Statements.



ASK FOR HELP & SUPPORT

HAVE A GROWTH MINDSET.



Remind yourself that your bravery is stronger than your fear.



Say what you want, need & hope for.

FOCUS ON SOLUTIONS, NOT PROBLEMS.



TALK ABOUT YOUR FEELINGS WITH SOMEONE YOU TRUST.

Set goals & work towards them, step by step.



Get enough sleep.

Try again when something doesn't work out the way you hoped it would.



Be responsible for your choices at school & at home.

SAY, THANK YOU WHEN SOMEONE COMPLEMENTS YOU.



DRINK PLENTY OF WATER.

Give yourself a hug.



Start a new hobby or sport. Join a club at school.



SPEND TIME WITH CARING ADULTS.



Limit how much time you spend in front of screens.



COMPLETE YOUR SCHOOL ASSIGNMENTS.



HELP OTHERS



DO RANDOM acts of kindness.

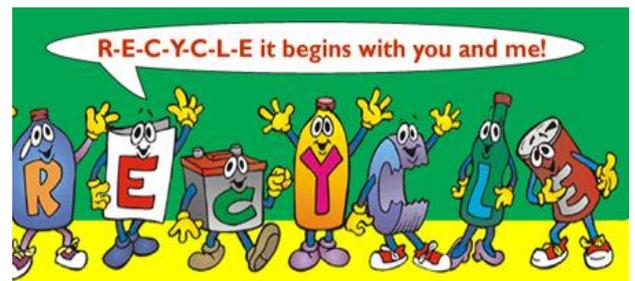
ECOSYSTEMS are communities of living things, including humans, and the environment around them. The study of ecosystems is called **Ecology**. You may be asking yourself: **What does ecology have to do with me?** Well... It helps us understand the very fragile and important connections between living things, including ourselves, plants, animals and the world around us. Ecology also provides us with information about the benefits of our ecosystems and how we can use Earth's resources in ways that leave our environment healthy for future generations.



There are many beneficial things that come from practicing awareness of your surrounding ecosystems. **A Clean Environment Is Essential for Healthy Living:** The more you don't care about our environment, the more it will become polluted with chemicals and toxins that have a harmful impact on our health. Air pollution can cause lung diseases and cancer, among other problems and diseases. Water pollution can lead to illnesses that take a long time to recover from or diseases that may not be treatable in some regions of the world. **Earth Is Our**

Home: It's where we live, so we need to take care of it. Our Ecosystems should be treated just like the home you live in: **CLEAN**. Things you can do to help keep our ecosystems in shape are:

- **Turn out the lights when they are not in use** - This one is too easy, but is actually one of the more commonly overlooked ways to reduce energy consumption.
- **Reusable water bottles** - Fossil fuels are required to make plastic bottles, so using fewer plastic bottles will help greatly in preserving this precious resource.
- **Recycling** - Recycling is one of the most popular and most impactful ways that you can help the environment.
- **Repurposing** - So many things around your home can be repurposed and reused. Plastic bags, for instance, can be reused at the grocery store or used as small wastebasket bags.
- **Detergents (cleaners)** - There are a number of things we use detergents for. Most of them are bad for the environment. Everything that goes down a drain will eventually find its way back to a source of water again. Choose natural soaps, shampoos, body washes and laundry detergents to help keep our natural water supply clean.



Understanding How Pollution Works

Science projects can be a great way to learn about important things like sustainability and how to be eco-friendly. You don't need a laboratory or any fancy equipment to conduct some fun and educational experiments at home. Here are a few cool experiments that will teach you about the environment using items you already have at home. Feel free to take pictures to send back to us.

1. Air Pollution Experiment

It can be hard to understand air pollution when it's not always easy to actually see it. There is more in the atmosphere than just air and why it's important to keep it clean.



Here's what you'll need:

- A piece of clear plastic (such as a plate or a cup)
- Petroleum jelly (this will collect pollutants from the air)
- A small rock
- A sheet of white paper

Spread petroleum jelly on the plate or cup and then use a rock or other heavy object to weigh it down. We used the clear plastic front from a picture frame.

Take a before picture and leave the cup outside for twenty-four hours. The next day, place the white paper behind the plate or inside the cup to make it easier to see all the particles that have collected in the petroleum jelly.

2. Glacier Melt

How glaciers form and melt is a complex process that can be hard to explain to younger kids, but you can make a simple re-creation at home with ice and soil.



Here's what you'll need:

- A plastic container
- A small tub or bin
- Soil

Fill a plastic container with water and freeze it. Grab a small tub or bin and fill it with dirt. Throw in some leaves or other garden debris. Put the bin outside in a sunny spot and prop it up so that it is on a slight incline.

Place the frozen ice block in the bin at the top of the incline and let it sit. Depending on how hot it is, you can let it sit for several hours and observe as it starts to slip down to the bottom end, hopefully picking up some of the dirt along the way.

After it has slid down a bit, stick the whole bin back in freezer and let it reset. Once it has refrozen, take it back outside and repeat the process. You can do this multiple times.

Ask your kids how the ice changed as it melted and froze again. Have them note how the dirt "landscape" changed as the ice moved across it. They can write down their findings in their scientific journals.

4. Oil and Soap Experiment

You've probably seen pictures of wildlife affected by oil spills and of rescuers' efforts to clean these animals. One of the simplest science experiments for kids uses a petroleum-free dish soap



to demonstrate the process of emulsification, or the mixing of two liquids that normally tend to separate. This easy experiment illustrates why water alone will not remove oil from a bird's feathers and shows that you also need an emulsifying agent.

Here's what you'll need:

- An empty plastic bottle
- Cooking oil
- Natural food coloring
- Dish soap

Fill the bottle about halfway with water. Add about 1 tbsp. of cooking oil and observe. Because water is denser than oil, the liquids will separate and the oil will rise to the top. Add a few drops of natural food coloring and observe what happens.

Next, add 2 tsp. of dish soap, which acts as an emulsifier by breaking the oil down and allowing it to mix with the water. Notice how the food coloring tints the water to a uniform color and the oil no longer rises to the top.

WATER SAFETY... It only takes a moment. A child or weak swimmer can drown in the time it takes to reply to a text, check a fishing line or apply sunscreen. Death and injury from drownings happen every day in home pools and hot tubs, at the beach or in oceans, lakes, rivers and streams, bathtubs, and even buckets.

Before you engage in any kind of water activity you should know your level of knowledge. **Water competency** (know-how) is a way of improving water safety for yourself and those around you through avoiding common dangers, developing fundamental water safety skills to make you safer in and around the water, and knowing how to prevent and respond to drowning emergencies.



Water competency has 3 main components: **water smarts, swimming skills and helping others.**

1. Water Smarts

Take these sensible precautions when you're around water (even if you're not planning to swim):

- Know your limitations, including physical fitness, medical conditions.
- Never swim alone; swim with lifeguards and/or water watchers present.
- Wear a U.S. Coast Guard-approved life jacket appropriate for your weight and size and the water activity. Always wear a life jacket while boating, regardless of swimming skill.
- Swim sober.
- Understand the dangers of hyperventilation and hypoxic blackout.
- Know how to call for help.
- Understand and adjust for the unique risks of the water environment you are in, such as:



- River currents.
- Ocean rip currents.
- Water temperature.
- Shallow or unclear water.
- Underwater hazards, such as vegetation and animals

2. Swimming Skills

Learn how to perform these 5 skills in every type of water environment that you may encounter (such as in home pools, oceans, lakes, rivers and streams):

1. Enter water that's over your head, then return to the surface.
2. Float or tread water for at least 1 minute.
3. Turnover and turn around in the water.
4. Swim at least 25 yards.
5. Exit the water.

3. Helping Others

These actions will help your family avoid emergencies - and help you respond if an emergency occurs:

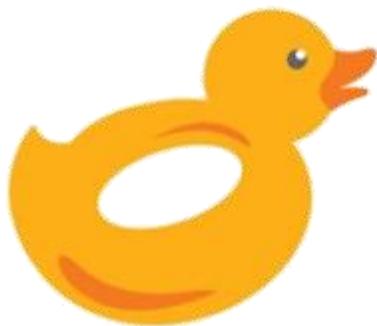
- Paying close attention to children or weak swimmers you are supervising in or near water.
- Knowing the signs that someone is drowning.
- Knowing ways to safely assist a drowning person, such as "reach or throw, don't go".
- Knowing CPR and first aid.





WATER SAFETY TIPS

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



TEACH THEM EARLY

Teach children to get comfortable in the water and swim at an early age and educate them early about water safety.

ACTIVE SUPERVISION, BARRIERS, AND SIGHTLINES

Always actively supervise children when they're both in and around the water; ensure that pools are secured with appropriate barriers; and require children to swim within designated areas that are within sight of guardians and certified lifeguards.

WHO'S YOUR BUDDY?

Never let children swim alone; always designate swimming buddies before visiting the beach or pool.



DON'T BE PUSHY

Instruct children to never run, push or jump on others in and around the pool.

WEAR SUNSCREEN

Protect your skin from sun burn and sunstroke by wearing hats and sunglasses and applying sunscreen of SPF 15 or higher and limiting direct exposure to sunlight for prolonged periods of time.



SUIT UP!

Make sure children always wear life jackets and use proper water safety and flotation devices.

I'M ON A BOAT!

Children should always wear a PFD (personal flotation device) while on a boat. If it doesn't fit, get one that does.

GET CERTIFIED

Become certified in infant and child First Aid and CPR.



STAY HYDRATED

Ensure that kids drink plenty of fluids to stay properly hydrated, especially on hot days.