

RESPECT + EQUALITY



Claire Lambe – Olympic Finalist (Rowing)



For more info about Dare To Believe go to daretobelieve.ie

RESPECT FOR SELF

What makes you unique?

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What are you good at?

.....

What do you love?

.....

What do you want to be known for?

.....

If your life was made into a book, what would it be called?

.....

RESPECT FOR SELF

“Each of us have a gift, that we were put on this earth for a reason, that there never will be another one of us.” — Marie Forleo

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RESPECT FOR OTHERS

What's the difference between being nice versus being kind?

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To be kinder I can

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To be a better friend I can

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To be a better teammate/classmate I can

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To be a better brother/sister/cousin I can

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To be a better family member I can

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What is the kindest thing a friend has done?

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What did it feel like when someone was kind to you?

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RESPECT FOR THE ENVIRONMENT

What does sustainability mean?

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RESPECT FOR SPORT

Fair Play

Think of time you played a game and someone cheated.

Think of a time you played a game and you cheated.

How did it make you feel when someone cheated?

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How did it feel to win while cheating?

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Why is it important to respect the rules of the game?

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EQUALITY



Why is equality important?

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What are some physical and social barriers that people face?

What can you do to help someone facing barriers?

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CHALLENGE

Write a “Grateful Letter” to someone who has helped you in your life and send it to them. The person may be a teacher, parent or family member, coach, friend or sibling.

