



At lunchtime there always seems to be a race to be first in the lunch line.

Try stepping back and letting someone go ahead of you.

This shows an "others first" heart. I promise... you'll still get to eat!

Fresh Starts

Etiquette, Respect, Kindness

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ith summer camp, beach trips, and less structured schedules all in the rearview mirror, we look ahead to a season of exciting beginnings. As much as I enjoy a summer break,

I've always loved a new school year. Back to school checklists usually include things like sharp new crayons, a fresh lunchbox, and a back-to-school haircut. Sometimes we get so busy focusing on these things that we forget about a fresh start for our children's hearts. If you've got a little one at home, I encourage you to add RESPECT to their back-to-school checklist. As adults, we often need to be intentional about teaching children how to have "others first" hearts. Feel free to share these tips with your children and help remind them of ways to show respect to others throughout the day.

When you see parents or teachers in the hall at school, at the library, or even in the village, smile and speak to them. If you know their name, call them by name as you speak.

Speaking to adults shows respect.

Think of ways to be an encourager with your words. Be known for the kind words that you speak.

Show respect to yourself by making good choices (even when nobody is watching you). You will be developing your character and people will trust you.

By showing respect to your teacher, your friends, and yourself, you have the chance to **have a fresh start every day!**

Amy Rainer teaches boys and girls the art of etiquette, respect, and kindness. etiquettewithamyraider.com

Try greeting your teachers by name.

Even add a smile and eye contact. Surprise them by speaking to them before they speak to you. This shows confidence.

Right before you open any door, look over your shoulder to see if someone is close behind you. If so, **hold the door for them.**

Allowing them to go before you shows kindness.