

Respa Family Lesson Ideas

Discussion Questions

1. Respa told Raja to sell his business in order to set sail on his journey. Are there things in your life that you need to get rid of or set in order so you can embark on your own journey of transformation?
2. What is one fact you remember about the crocodile and how does it remind you of Respa (Relax, Evaluate, Strategize, be Patient, and Act)?
3. Have you read or seen any examples of self-mastery or RESPA?
4. What song do you like the most? Why? How do these songs make you feel? What are your favorite phrases?

Song Extensions

- **COLOR:** Invite your family to color the Respa coloring page as they listen to the song.
- **WORD PUZZLES:** Do the word search, crossword, or coloring page while you listen to songs you have already learned.
- **PROJECT:** Make a music video. Put pictures to the words of the song, or record videos to illustrate phrases in the song.
- **ACTIVITY:** Give your children some play dough and invite them to make a crocodile as they listen to the songs.
- **ACTIVITY:** Invite your family to pretend they are on a crocodile hunting as they listen to *Respa the Crocodile*.
- **ACTIVITY:** Together, brainstorm actions to go with the words, *Relax*, *Evaluate*, *Strategize*, *Patience*, and *Act*. Some ideas might include: taking a breath for *Relax*, placing a hand above your eyes as you scan the room for *Evaluate*, placing your pointer finger at your temples as though you are thinking for *Strategize*, etc. Listen to the songs and perform the actions at the appropriate time.

Additional Activities

- **ART:** Draw your favorite part in *The Tale of Hope: Embark on the Journey* and then share the pictures with each other.
- **ACT:** Act out different parts from *The Tale of Hope: Embark on the Journey*. Don't forget to record it!
- **ROLE PLAY:** Role-play situations using the principles of RESPA.
 - Example: Your sister keeps taking your clothes without asking. You are tired of always telling her not to do it. How can RESPA help you?
 - Example: You have a difficult question on a test. How can RESPA help you?
- **ROLE PLAY:** Invite your children to watch you and decide which way shows self-mastery (RESPA). Act as though you just lost your keys to the car and you have to go now! Act frantic, out of control, and frustrated with everyone. Then show RESPA: Relax, take a breath, Evaluate, Strategize, have Patience, and Act. Break up your family into groups and have them come up with their own skit to perform for the family that shows RESPA. Record them and enjoy watching it together.
- **PRACTICE RESPA:** Gather several smaller sized balls (soft ones are best or even socks made into balls). Ask for a volunteer to catch as many of the balls as he can. Throw all the balls at once (many will drop). Tell him that you will throw the balls again, but this time you will walk through the steps in RESPA with him and hopefully he can catch more balls. 1) Relax 2) Evaluate, what do they need to do? 3) Strategize, come up with a plan to catch more balls. 4) Patience – be patient. 5) Act – Catch the balls. Throw the balls again according to this new strategy.
 - Discuss the following questions:
 - Did you catch more balls when you practiced RESPA?
 - What could the balls represent? Explain how learning to relax, evaluating the situation, strategizing (making a plan), having patience, then acting, allows individuals to accomplish their responsibilities.
 - When you practice the principles of RESPA, you develop greater self-mastery. Review *The Crocodile's Mission*.
- **PRACTICE EVALUATING:** Find several photos of people in different situations (*i.e. kids fighting over a toy, people yelling at each other, child left out of a game, a family playing together, business meeting, etc. Try and find pictures that show a lot of emotion*). Show the pictures to your family and have them *evaluate* what is going on. Have them identify feelings that others may be experiencing in the various photos. If applicable, share how they would handle the situation.

1. Was it easy for you to understand what was occurring in the pictures? Why? (You were relaxed and could see clearly.)
 2. Discuss how it is important to relax before evaluating projects, situations, and conflicts. Sometimes our emotions keep us from seeing things clearly. What benefits come when you relax and evaluate what is going on at that moment?
- **QUOTE:** Choose a quote. Make enough copies to display in several areas around your home; spend time memorizing it and discussing the meaning. When it is memorized, give a small reward.