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**Healthy Tip For Kids – Show Respect for Yourself and Others**

Cowboy Ted here with the Healthy Tip for Kids. Today’s topic is Respecting Yourself and Others.

I’m confident that you already know that self-respect is really healthy for you mentally and physically. And when you show respect to yourself - it sets a standard you can easily share with others too.

I encourage you to try this practice my daughter taught me when she was 8 years old. The act of gifting everyone you meet at least 10 percent of your respect and it’s okay to let them earn the rest.

Treating others as you would like to be treated is the basic idea of respect and the opposite of disrespect or bullying.

If you show respect to yourself, and show respect toward others, they will normally show respect to you too.

This works for friends too.

Respect and acts of kindness almost always lead to respect and kindness in return.

Healthy Kids are no accident – Showing respect to yourself and others will make you feel good on the inside and outside of your body and actually help you stay mentally and emotionally healthy too.

For more Healthy Tips for Kids visit [www.cowboyted.com](http://WWW.COWBOYTED.COM).