

NATHAN WALKER

LEFT WING

BY MIKE KERN



Respect and inclusion in the classroom means that every student and family is valued and deserve the same opportunities and experiences as the others.

Students learn in different ways and learn from each other in various classroom settings. Outside of the classroom, the St. Louis Blues strive to create respect and inclusivity, both on and off the ice. Learn what left wing Nathan Walker has to say on both of these topics, then use the corresponding writing prompts with your classroom.

Describe what inclusion means to you.

Inclusion can mean a lot of things, but to me it means that you never leave anyone out. You should always want to include anyone in anything you're doing, and give others a chance to take part in it.

How do you show respect to others?

I think it's honestly the Golden Rule. You should treat everyone the way that you want to be treated. You never want to make anyone feel bad about what they're doing, whether it's sports-related, academic- related or really anything at all.

How does respect and inclusion play a part in being a member of a team and a member of the community?

Obviously, in the game of hockey, the more years you have played, a certain level of respect comes with that. With the younger players, there's a respect for the older guys because they've been doing it for a long time. Then, when we get out into the community – it's great. People are always cheering you on and giving you their respect at the same time. So it's great to get to show our respect in return for all the support they give us.

Why is it important for a team to build respect for each other?

If everyone is battling for each other and you respect and trust the guy to your right left, it goes a long way. On the other side of things, you also respect what people might be going through away from the sport.

WRITING PROMPTS

To Nathan Walker, respect is the Golden Rule on the team and in the community. Below are a few ideas to get students thinking about what respect means to them.

- Write about a time that you were disrespected and how it made you feel.
- What are ways you show respect to others in school? What about at home?
- Give three examples of how you can show respect to your classmates.



HOCKEY with
HEART



Hockey with Heart is a two-part series in partnership with the St. Louis Blues covering character education both on and off the ice. As the St. Louis Blues make their quest for another championship, Nathan Walker and Colton Parayko discuss respect and resiliency, and what it means to them.