



January Character Trait Curriculum

Manners: Using polite words and actions.

Mother, May I?

Age Range: Kindergarten-2nd Grade

Supplies: None

Set Up: None

Instructions: Begin by talking to your group about manners using the talking points below. After your conversation, choose one person to be the mother, that person is it. Have the rest of the children stand across the room in a line. The mother will turn around so they are not facing the rest of the children. The children will take turns asking, "Mother, may I please _____ thank you!" The mother will respond with yes or no. The mother can only answer yes if manners were correctly used when asking (please and thank you were used). If the mother responds with no, the mother must make an alternative suggestion by saying, "no you may not, but you may _____, thank you!" The children continue taking turns and the first one to reach the other side of the room becomes the next mother.

Mother may I requests:

- Take _____ steps forward.
- Take _____ giant steps forward.
- Take _____ baby steps forward.
- Hop forward like a frog _____ times.
- Run forward for _____ seconds.
- Crabwalk forward for _____ steps.
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Suggestions if Mother answers "No, you may not, but you may _____, thank you!"

- Take fewer steps than requested.
- Take _____ steps backward.
- Run backward for _____ seconds.
- Walk backwards _____ steps.
- Return to the starting line- can be used for players that did not use please or thank you.

Talking Points

1. What are manners? What key words do you use when you're having good manners?
2. When should you use manners?
3. Who in your life uses manners?
4. Why is it good practice to use manners?



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Manners Match

Age Range: 3rd through 6th grade.

Supplies: Manners Worksheet (attached)

Set Up: Print one worksheet per child.

Instructions: Pass out the Manners Match worksheet and have the children complete it. Once completed, review the answers as a group and use the talking points below to discuss manners.

Talking Points

1. What are manners? What key words do you use when you're having good manners?
2. When should you use manners?
3. Who in your life uses manners?
4. Why is it good practice to use manners?



Manners Match

Match the question with the correct response.

What should you say if you walk in front of someone?

Are you ok?

Letting someone use something you are using is called?

I'm sorry!

When you ask for something, you say?

Respect

When you receive something, you say?

Nice to meet you!

When you receive a gift you send a what?

Thank you!

If your parents ask you to do something, you show them what?

Please!

If you make someone else upset of sad, you say?

Thank you, card.

If someone is having a bad day and you see them upset, you ask?

Sharing!

When you meet someone, you say?

Excuse Me!



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Eating with Etiquette

***Note: This activity would be best paired on a day you are planning cooking. ***

Age Range: All Ages

Supplies: Dice (1 per table group), plates, spoons, forks, knives, cups (you will need 1 table setting per child), placemat print out (attached).

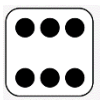
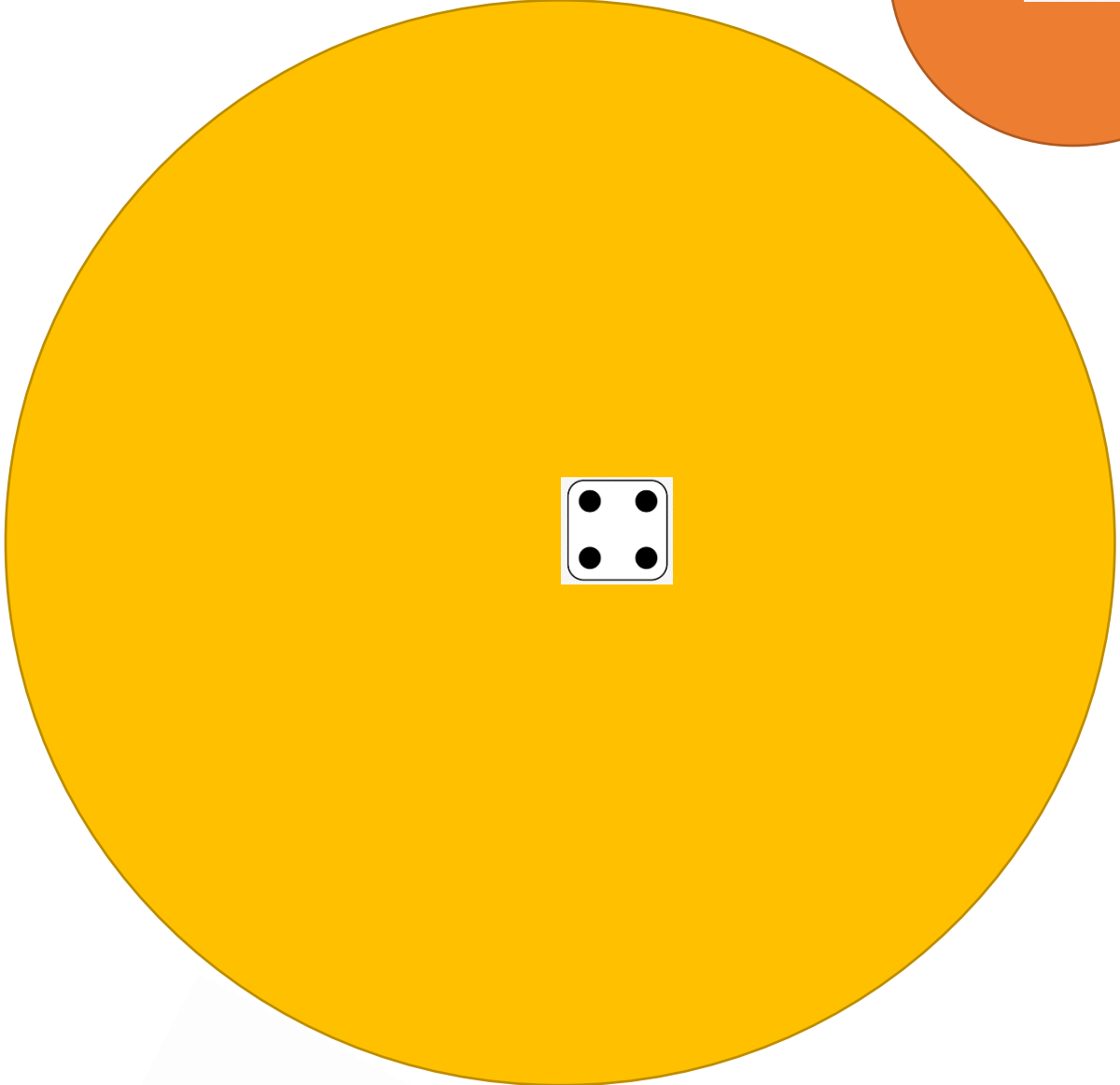
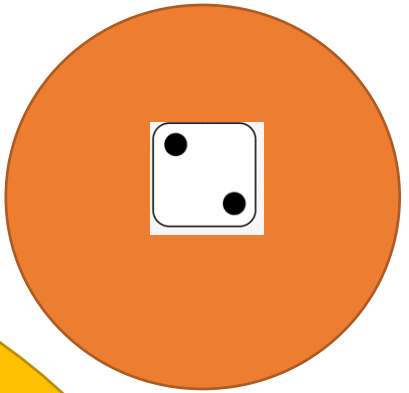
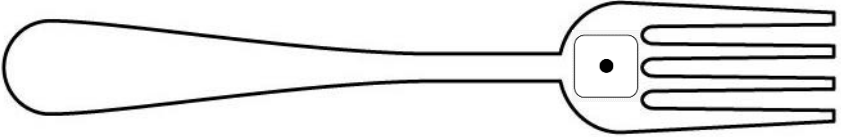
Set Up: Give each child 1 plate, 1 spoon, 1 fork, 1 knife, and 1 cup and 1 placemat print out.

Instructions: Split the children into small groups of 3 or 4 kids, give each group 1 die. Children begin with all items off their placemat. The first child in the group rolls the die and adds the corresponding item to their placemat, then passes the die to the next player (1= fork, 2= cup, 3=knife, 4= plate, 5= spoon, 6= loose a turn). If a child rolls a number that is already filled on their placemat, they cannot roll again, they must pass the die to the next player. Play continues until everyone has their placemat completed. The first one to do so wins!

After all children have filled their placemats, use the talking points below to discuss table manners. After, begin your cooking or food project and praise those children that remember table manners.

Talking Points/ Table Manners

1. Chew with your mouth closed.
2. Avoid stuffing your mouth/
3. Be polite- "please" and "thank you."
4. Use utensils and napkins.
5. Refrain from criticizing the food.
6. Avoid reaching.
7. Put napkin on your lap.
8. Ask to be excused.
9. Clear off the table/ tidy up.
10. Do not bring your cell phone to the table (older kids).



Loose a turn.

