



Learning Intention: *I can practise good manners*

Key Words: *good manners, politeness, please, thank you, excuse me, pardon me, hello, goodbye, sorry. How do you do?*

QUOTATION/THEME FOR THE WEEK

GOOD MANNERS COST NOTHING, BUT ARE WORTH A LOT

Discuss what good manners are. What is the difference between good manners and bad manners? Do good manners make you feel comfortable? Are your good manners making others feel comfortable?

SILENT SITTING

Step 1: Firstly, sit in a comfortable position on your chairs, or cross legged on the floor. Make sure your back is straight and head is upright. Take a deep breath and relax as you breathe out.

Take another deep breath ... and another ...

Step 5: Imagine you are a tree. You have branches reaching into the sky and roots stretching down into the earth, and you have a strong trunk ...

As you breathe in, feel new life and fun being drawn in through your strong branches ...

When you breathe out, your tree-body softens and your leaves shine ...

As you breathe in, draw through your roots what you need to become stronger and sturdier ...

As you breathe out, become like cotton wool, soft and light ...

Now politely say 'good morning' to the squirrels playing round your roots ...

Then politely say 'thank you' to the birds who sing amongst your leaves ...

Enjoy how you feel ...

Step 6: Now bring your attention back to the classroom, open your eyes and stretch, as the exercise has finished. Smile at the person next to you.

How do you feel?

ALTERNATIVE EXERCISE

Step 1: Firstly, sit in a comfortable position on your chairs, or cross legged on the floor. Make sure your back is straight and head is upright. Take a deep breath and relax as you breathe out.

Take another deep breath ... and another ...

Step 5: Think, I will speak politely and not upset myself, or other people, by being rude.

Step 6: Now bring your attention back to the classroom, open your eyes and stretch, as the exercise has finished. Smile at the person next to you.
How do you feel?

STORY TELLING

JOHN IS POLITE

by Sara John

One day John went out to find sponsors for a sponsored walk which he was going to do to help the blind. He rang the door-bell of a house in the street next to his.

A lady opened the door and said, “Yes, can I help you?”

John said “How do you do. I’m collecting names of people willing to sponsor a walk I’m going to do. I expect to walk five miles. Would you like to sponsor me, please?”

The lady asked what it was for.

“It’s for the blind,” replied John showing her his sponsor form.

“Oh, that’s very kind of you. Yes, of course, I will sponsor you. I’ll give you £1.00 now and another 50p for every mile you walk.”

“Thank you very much,” said John.

The lady went to fetch £1.00 and gave it to him. She was just going to shut the door when John said, “Excuse me please, would you sign my form?”

“Oh yes, sorry,” said the lady. “Of course, I will!”

When she handed the form back to John he said, “Thank you. I’ll bring back the form showing how many miles I have walked next week. Goodbye.”

“Goodbye,” replied the lady and as she shut the door she said to herself, “What a nice polite boy!”

John was pleased. He had five names on his sheet and had collected £5.00, so he popped back home to put the money away safely.

“Hello, how are you?” asked his mother. “How’s your sponsor form coming along?”

“It’s going well, thank you. I have £5.00 already and more money to collect when I have finished the walk.”

“Have a seat,” said his mother. “Would you like a drink?”

“Yes please, I would like some lemonade.”

After a long drink John burped. “Pardon me, this *is* fizzy. May I have a biscuit, please, Mum?”

“Of course, John,” said his mother. Just then the door-bell rang and his mother showed a lady into the kitchen. “This is my son, John,” she said.

“Hello, pleased to meet you,” he said, smiling at the lady whom he had not met before.

“How do you do, John,” said the lady, who was their new neighbour. She offered her hand to him and they shook hands. It was the first time he had shaken hands with anyone, but he had seen his father do it many times. It made him feel quite grown up.

“Excuse me,” he said. “I have to go out and find more sponsors. Goodbye.”

“Goodbye. Enjoy your day,” said the lady. “What a pleasant son you have!” she said turning to John’s mother. “Thank you. Yes, I’m very proud of him! Will you have a cup of tea?”

“No, thank you. I have no time to stay at the moment,” said the neighbour. “I just came to introduce myself. But please tell your son that I will sponsor him for 25p a mile on his walk.”

(The polite phrases underlined in the above story may be written out on flash cards and given one to each child. As the teacher tells the story and comes to one of the phrases, the child with that phrase holds it up in the air).

GROUP ACTIVITY

1. THE LADDER GAME

The children sit on the floor in two rows, making two teams, facing each other with legs outstretched and feet touching.

The pair at one end get up and step over all the legs quickly. When they reach the other end they turn and run down behind the lines back to their seats.

The first to sit down is the winner, provided she/he has not stepped on anyone!

2. THE POLITE CHERRIES - "TO BE POLITE, JUST SAY THINGS RIGHT!"

Give each of the children a flash card with the following phrases.
Ask Line 1 to face Line 2 and find the partner with the answer to his card.

Line 1

1. HOW DO YOU DO?
2. PARDON ME!
3. THANK YOU VERY MUCH.
4. VERY WELL THANK YOU.
5. YES PLEASE
6. OH, SORRY!

Line 2

1. EXCUSE ME, YOU'VE TAKEN MY BOOK
2. WOULD YOU LIKE A SWEET?
3. HOW DO YOU DO?
4. HOW ARE YOU?
5. HERE IS YOUR POCKET MONEY
6. BURP!

Close the lesson: If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, *"I can practise good manners by speaking politely and not upsetting myself, or other people, by being rude."*

Extension Exercise / Links to Other Subjects:

The children are asked to role play a story of their own where the main character is very polite.