

**MANNERS**  
ToGo™

**A FUN PROGRAM TO BUILD CONFIDENCE**

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# **Elementary School Manners For Children**



# **First Impressions**

## **Module One**

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# **Eye Contact**

## **Module One Lesson 2**

## **Lesson: Eye Contact**

**Objective:** Eye contact is extremely important for children. Once you bring an awareness of what eye contact is and when to use it - a change happens- their level of confidence elevates. This is one of the most important lessons in this module. Remind your students to make eye contact often.

**Time Needed:** 10 minutes

**Activities:** Group discussion and practice

**Items Needed:** Print Handouts (optional)

**Room Set-up:** Classroom style

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Teacher Lesson Plan: Eye Contact

**Dialogue for the Lesson on Eye Contact**

Refer to page 19.

**Activity # 1**

Read and discuss the handout. You may print the handout and let your students fill in the blanks or have a group discussion.

Answers:

**1. What is eye contact?**

Eye contact is when you look someone directly (or straight) in the eye. Point to your eyes. Show them and kneel down to their level and make eye contact.

**2. How do you feel when you feel when you look someone in the eye?**

I feel good. I feel strong. I know I am listening.

\*\* Now is a great time to teach them about the word **“confidence”**.

Refer to page ## in the first module. John William uses the word confidence and gives the definition.

When teaching “eye contact”, you can show them and tell them how it feels by using the word “confident”.

Confidence means:

To trust in yourself; free from doubt; belief in yourself.

Ask them often during this program:

**“How do you feel on the inside when you use good manners?”**

**CONFIDENT!**

**Have them repeat it aloud until you can hear it!**

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Teacher Lesson Plan: Eye Contact

**3. How does this make you feel on the inside?**

Have them repeat the word “confident”.

As you go through the day, point out when a child is making good eye contact. Check for it. This is the basis for self-confidence.

Your class will have many opportunities to practice and use good eye contact going forward in the Manners To Go program.

## Eye Contact

1. **What is eye contact?**

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2. **How do you feel when you look someone in the eye?**

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3. **How does this make you feel inside?**

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**Let's practice: As you say your name, look the other person in the eye.**

# Table Manners For Children





## American Style



- After you make your cut, place the knife at the top of the plate. The blade of the **knife faces the center of the plate.**
- Switch the fork to your right hand.
- Hold the **fork like a pencil. Only two fingers will be on top of the fork. This is so very important.**

## THIS IS WHAT NOT TO DO!

The fork is never held like a shovel with any style of eating!

