

First Impressions

The Early Years



MANNERS ToGo™

A FUN PROGRAM TO BUILD CONFIDENCE



Eye Contact

Module One Lesson 1



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Teacher Lesson Plan: Eye Contact

Lesson: Eye Contact

Objective: This is the cornerstone of self-confidence. Start the manners program with this exercise and point it out to each child during the day when he makes good eye contact. This is an exercise that brings an immediate result.

Time Needed: 10 Minutes

Activities: Group discussion and a fill-in-the-blank (or draw) exercise

Items Needed: Print out page 8

Room Set-up: Classroom style



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Teacher Lesson Plan: Eye Contact

Dialogue for Eye Contact Lesson

Activity # 1

What is Eye Contact?

Pass out the printout for eye contact, page 8.

“Who can tell me about eye contact today? What is it?”

As you ask these questions, allow the children that choose to participate to answer. After the question is answered tell them again “eye contact is when you look someone directly in the eye”. You can point to your own eyes as you are saying this.

Action: Demonstrate with a few children so they can see and feel what it takes to make good eye contact. When doing this, kneel in front of each child (kneel to get at their level physically) and look them directly in the eye.


Ask the next question on the handout:

“When do you use eye contact?”

Answer:

“Always.” We use eye contact when: Call out each action to help them associate that eye contact needs to be used all the time.

Examples are:

- as you meet someone
 - when you are speaking to people
 - at the grocery store
 - at school everyday
 - with your teacher everyday
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Teacher Lesson Plan: Eye Contact

Ask the next question.

“How do you feel when you make eye contact?”

Answer:

Children: good, happy, kind (answers children will give)

Your Response: Confident. Let them know this is a really “big” word. Have them repeat it back to you as a group.

Define confident for them:

Confident: Sure of oneself; this is how you feel when you have good manners; good behavior; proud; a leader is confident

“How do you make others feel when you look them in the eye?”

Answer:

Children: happy, kind, good


Your response:

Others will feel happy and included. They will know you care and that you are paying attention to what they are saying.

Activity # 2 Eye Contact

With colored chalk or markers have a child draw an eye on the board or flip chart. You may ask for more than one volunteer.

As you move forward with the Manners To Go program, eye contact is incorporated in most of the activities. This activity allows the children to become aware of the basic act of making eye contact.



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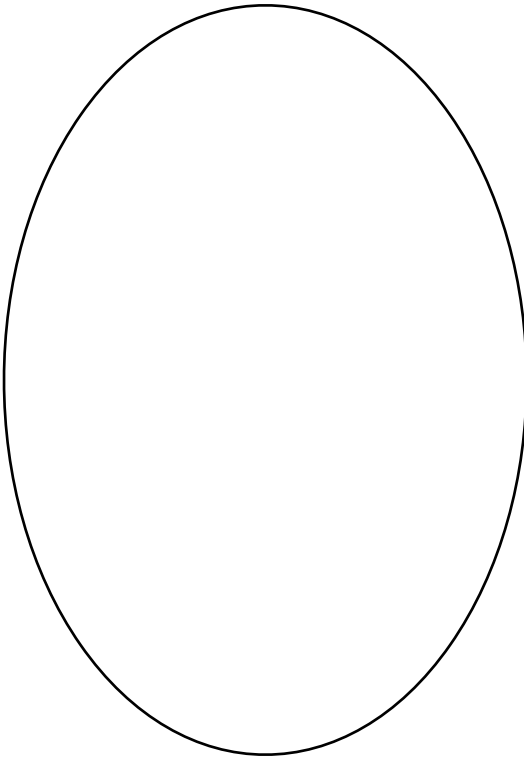
Introductions

Module One Lesson 6



Hello My Name Is

Let's start by introducing yourself. Remember to say "hello", your name, and then ask the other person's name. To practice fill in the blank's below. Draw a picture of yourself and fill in the balloons.



Hello,
my name is _____.
What
is your name?



My
name is Hattie.
It is nice to meet
you."

Table Manners For Early Childhood



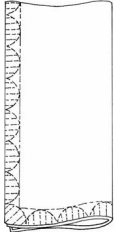
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What?

Where?











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THIS IS WHAT NOT TO DO!

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

