

May I, Please, Thank You - MANNERS

**Twelve Lessons
Ages 8 - 14**

A Special Guide

By
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TWELVE WAYS TO ACT WITH RESPECT

May I, Please, Thank you

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Youth Peace Literacy

A Note to Teachers

(This particular curriculum has a martial arts format but can be used in any educational setting by just removing any references to the martial arts. Or you can keep them to give the curricula a special flair that your students might just enjoy even if they were not in the martial arts.)

A Code of Conduct is a system of social skills dedicated to living a life of peace and good will. An intelligent, universal Code of behavior is, in fact, the foundation of human relationship, whose ultimate goal is to help prevent conflict. Cultivating these skills reduces the chance that young people will react out of fear to personal threatening situations, such as being bullied. Combined with the confidence that comes from knowing how to protect themselves, the skills in this program can help young people learn how to live with respect, and to understand and resolve conflict peacefully.

We teach our children that “good manners” are important, but we don’t always tell them why. Good manners are more than habits we “should” have. For the most part, they allow us to present ourselves in a positive light, and help us demonstrate respect — for other people as well as for ourselves — something we need in this world more than ever. That’s why we’ve written this curriculum, to help your child benefit in these ways.

Before starting the lesson plans, tell your children that they are about to embark on a new journey. Do your best to impart an air of mystery and excitement to evoke their sense of adventure. Begin by showing them the following warning, which we hope will open your child’s mind to new thinking.

WARNING:

**Awareness and new observations
may be hazardous to bad manners.**

**This class may cause you to experience
turbulent feelings of good will
and respect.**

I am interested in helping you make this program a success. Please feel free to contact me by phone (800-848-6021) or e-mail (biocogniticedy@gmail.com). I will be offering workshops and certified Training Programs throughout the year on our intermediate and advanced Character Development Programs.

For other helpful information you can call 800-848-6021 and check out our web page: www.youthpeaceliteracy.org

The Success of This Program!

The success of this program depends upon helping young people understand what *prevents* respect. And what prevents respect is conditioned thinking — thinking that confuses the mind and creates conflict within it.

Here is an easy formula to remember as you help your children understand how conditioned thinking prevents respect.

The Three “E’s”

Explanation This is a general definition of what conditioned thinking is. We talk about “conditioning” and how we’ve all been taught to think and act in certain ways. But that’s all we do — talk. We offer reasons to explain why we speak and act the way we do.

Example We offer a personal example of our conditioned thinking. We recognize that we’ve been disrespectful, and offer an example of some way we’ve been “conditioned” that has caused us to speak and act in disrespectful ways. This is called hindsight.

Experience We are aware — in the moment — of the effect of our conditioned thinking and how it’s preventing us from being respectful. This is an actual observation of our thinking as it’s happening. This is called insight.

It is this third level — insight — that has the potential for helping us become free of conditioned thinking that prevents respect.

All three of these levels are important for young people to understand. But most important is this third level — insight — that allows us to see what prevents us from being respectful toward one another. Once your children achieve this kind of insight, they are able to observe their manners in action, and make the decision to act in respectful ways.

Table of Contents

Section 1: Thinking With Respect

Lesson 1.	How Do You Like to Be Treated?	1
Lesson 2.	How Do You Like People to Treat You?	7
Lesson 3.	Imagine Being Spoken to With Respect	17
Lesson 4.	Make the Decision to Think Before You Speak	25

Section 2: Speaking With Respect

Lesson 5.	Speak as You Would Like Others to Speak to You	35
Lesson 6.	Ask Questions Politely: “May I please . . .?”	44
Lesson 7.	Offer Information in a Caring, Considerate Way.	52
Lesson 8.	Thank People Who Are Helpful to You	60

Section 3: Acting With Respect

Lesson 9.	Act Toward Others as You Would Like Them to Act Toward You	66
Lesson 10.	Offer Assistance When and Where You Can.	75
Lesson 11.	Act Today in a Way That Will Make You Proud Tomorrow.	82
Lesson 12.	Give People the Greatest Gift — Respect.	89

TOOLS TO USE!

Section 1: Thinking With Respect

Lesson 1.	How Do You Like to Be Treated?.....	1
1A.	Activity: Manners Paint A Picture!	4
1B.	Activity: Manners Are Mental!	5
1C.	Activity: I'm Showing My Manners!	6
Lesson 2.	How Do You Like People to Treat You?.....	7
2A.	Roleplay: Bad Manners at Work!	11
2B.	Roleplay: Treat Me Like A Winner!	13
2C.	Activity: Manners I Experienced Today!	15
Lesson 3.	Imagine Being Spoken to with Respect.	17
3A.	Activity: Violent And Disorderly Actions!	21
3B.	Chart: Twelve Ways To Act With Respect!	23
3C.	Mental Freestyle: A Bag of Manners!	24
Lesson 4.	Make the Decision to Think Before You Speak	25
4A.	Roleplay: My Stopping Place!	29
4B.	Activity: Flipping Images!	31
4C.	Mental Freestyle: My Actions Affect Everyone	33

Section 2: Speaking With Respect

Lesson 5.	Speak As You Would Like Others to Speak to You ...	35
5A.	Roleplay: Stop That Fight!	39
5B.	Activity: Is That Me?	41
5C.	Activity: I'm Strengthening My Mind!	42
Lesson 6.	Ask Questions Politely: "May I please...?"	44
6A.	Mental Freestyle: Wake Me Up!	47
6B.	Activity: My Powerful Questions	49
6C.	Activity: Read My Manners!	50
Lesson 7.	Offer Information in a Caring, Considerate Way	52
7A.	Activity: Going To My Stopping Place!	56
7B.	Activity: Bubbles in a Glass of Soda	57
7C.	Activity: I Care!	58
Lesson 8.	Thank People Who Are Helpful To You	60
8A.	Activity: The Unbroken Flame of Gratitude!	63
8B.	Activity: Thanks!	64

8C. Activity: I'm So Grateful!

65

Section 3: Acting With Respect

Lesson 9.	Act Toward Others As You Would Like Them	
	To Act Toward You	66
9A.	Roleplay: I Judge! I Reflect!	70
9B.	Activity: Conflict! Or No Conflict!	72
9C.	Mental Freestyle: The People In My Life!	73
Lesson 10.	Offer Assistance When And Where You Can.	75
10A.	Activity: Help!	78
10B.	Questionnaire: Help At Home! Help In School!	79
10C.	Activity: My Community Needs Help!	81
Lesson 11.	Act Today In A Way That Will Make You	
	Proud Tomorrow	82
11A.	Chart: Stop The World!	85
11B.	Activity: Make Me Proud Tomorrow!	88
Lesson 12.	Thinking in New Ways	89
12A.	Mental Freestyle: From Automatic to Aware!	92
12B.	Activity: Aware! Focus! Understand!	94
12C.	Chart: Which Path Do I Take?	95