

The Social Times

MANNERS

**I Second
That Emotion!
Manners**

**Ask Roger Gets-It:
Saying "hi"**

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MANNERS

Has anyone ever said to you, “That wasn’t very nice manners,” or “Mind your manners”?

Manners can be confusing, but good manners are important if you want to get along. Manners are the “standards” or rules of conduct between people. They are like laws, except the punishment for not following them isn’t jail but social disapproval.

You can think about manners as ways of acting or talking that show other people that you respect them.

One of the confusing things about manners is that they differ depending on where you are and who you are with. For example, let’s think about swearing. If you are with a bunch of kids and all the kids swear and nobody else can hear them, then swearing probably

wouldn’t feel disrespectful. However, if those same kids were in a crowded area where nearby adults could hear, then the adults would probably think they are being disrespectful.


Some of the most basic manners involve things we say to each other to “check in” socially. One example is saying “excuse me.” People say this a lot when they are around others. You might say “excuse me” if you ac-



please



thank
you



excuse
me

identally bump into someone. This lets the other person know that the bump was an accident. You might say “excuse me” if you are talking with someone and you suddenly realize you need to stop talking to get to class on time. Then the person knows that you are not leaving because you don’t want to be with them but because you have to be somewhere else.

Having good manners is about being in the same space with other people and caring that they feel comfortable.

Just like saying “excuse me,” saying “thank you” is another good phrase to use. If you are at school, at a store, or in a restaurant and someone helps you in some way, it is a good idea to say “thank you.” Saying “thank you” lets the other person know that you appreciate what he or she has done, even if the person is getting paid to be helpful. “Thank you” is a very respectful thing to say.

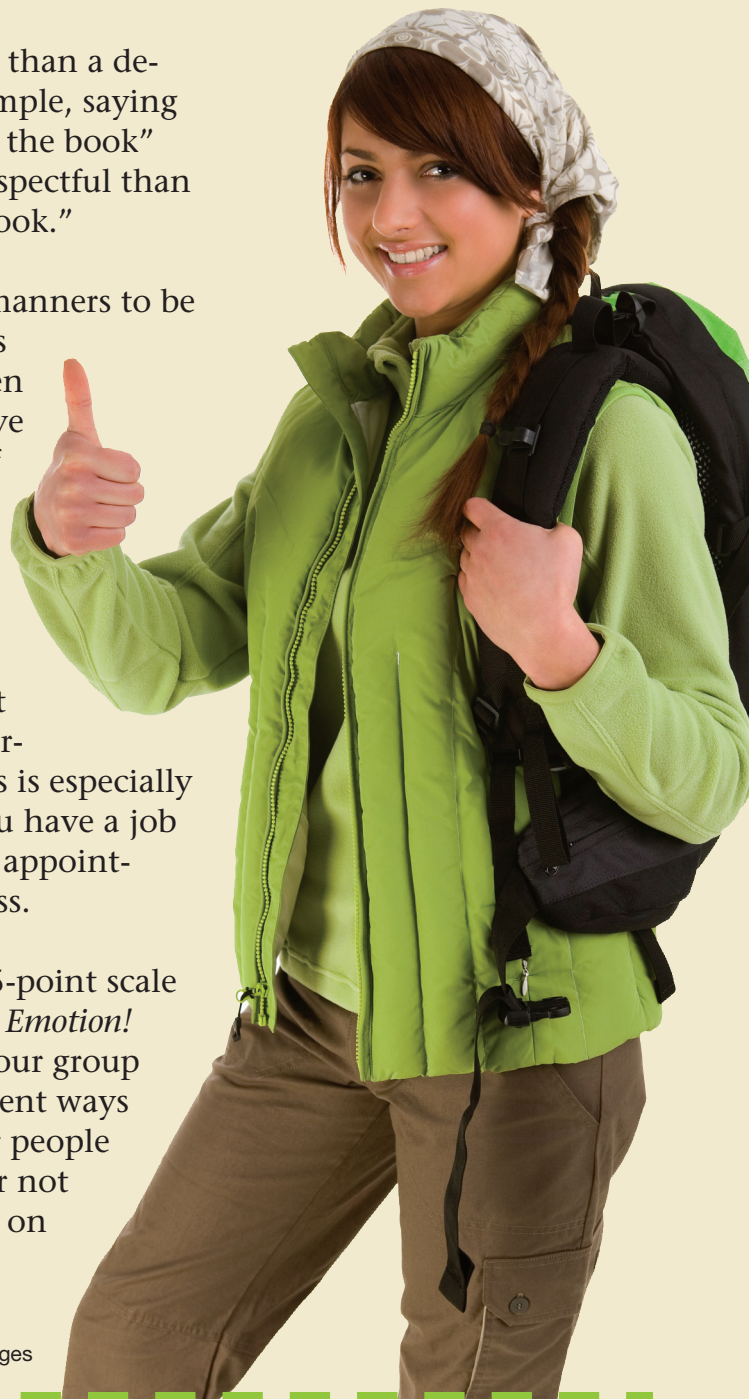
“Please” is yet another one of those words that make others feel respected. It makes a request sound like

a request rather than a demand. For example, saying “Please give me the book” sounds more respectful than “Give me the book.”

It is also good manners to be on time. This is an area that even some adults have trouble with. If you have an appointment or a date and you arrive on time, you are showing respect for the other person’s time. This is especially important if you have a job interview or an appointment with a boss.

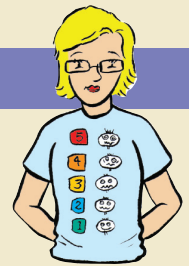
Check out the 5-point scale in *I Second That Emotion!* and talk with your group about the different ways you make other people feel respected or not respected based on your manners.

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TRY IT!

Try keeping track of how many times you say “thank you” to people who help you. Notice how people respond.




MANNERS

You learned something about manners in *The Main Event*. Manners are ways of behaving that make other people feel certain ways.

A good exercise is to fill in the following scale with things you typically do. How do you think they make other people feel? Remember that older people might feel different about some things than someone your own age.

A Manners Scale

	Extremely rude to everyone:
	Offensive to some people:
	Unsettling or disturbing to most people:
	A small issue – someone might barely notice this:
	Polite:



GYM CLASS

Because we are all wired a little differently, some of us are really good at moving our arms and legs and are good at sports and other games played in gym class. Others of us feel awkward or uncoordinated doing the very same things. This can make gym class difficult, but there are some things you can try to make things easier.

1. Wear bike shorts or that Underarmour (<http://www.underarmour.com>) we talked about in *Coming to Our Senses* in issue #4. You might find that you feel a little more comfortable and less frustrated if you wear this tight material under your gym clothes.
2. Ask your teacher to make a list of the units you will be completing in gym so you have a chance to practice a little a head of time.
3. Tell your teacher if you are feeling anxious about an activity.
4. If you are doing activities in pairs, see if you can have a partner who understands you and is good at helping.

Face to Face

Study these faces very carefully. Each face is expressing an emotion. Three of the faces are expressing the same emotion. Can you find the face that's different? Can you name the emotions? How did you figure out which faces are expressing the same emotion?



Gets-It Knows!



Dear Roger,

I have been told that people like it when you say “hi” to them in the hallway. It took me a while to remember and follow this basic social rule, but now I say “hi” to the kids I know.

The other day someone told me I was overdoing it. She said that I had said “hi” to her about 10 times that day and that was too much. I am now worried about saying “hi” to anyone because I don’t know what I did wrong.

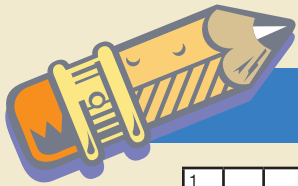
– Speechless in Hollywood

Dear Speechless,

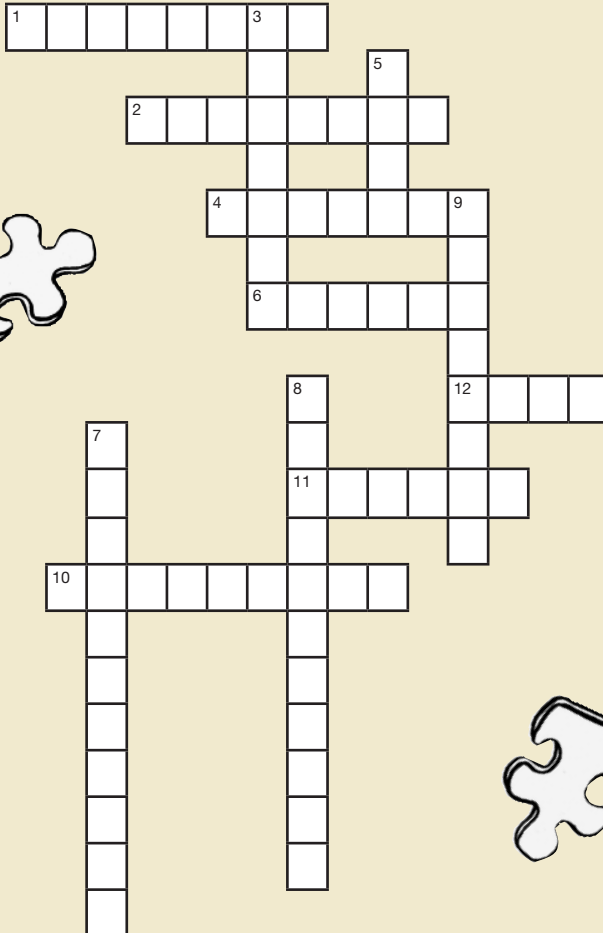
There is a simple rule for this one that might help you. When you see someone in the hallway for the first time on a given day, you can give them a big “hi!” If you see the same person later that same day, just nod your head and smile.

– Roger Gets-It!

Dragonflies are one of the fastest insects, flying 50 to 60 miles per hour.



Puzzle Time



ACROSS

- 1) two words: something we say if we bump into someone
- 2) two words: something we say when another person is helpful
- 4) consideration of another’s feelings
- 6) any time two or more people are in the same space
- 10) disrespectful; uncomfortable feeling
- 11) a way of being that usually makes another person feel good about us
- 12) a disrespectful way of acting

DOWN

- 3) rules of conduct between people
- 5) how a voice sounds is sometimes referred to as what?
- 7) feeling good and safe
- 8) a prearranged meeting or date
- 9) handle; accept





Puzzle Time



Word Bank: COMFORTABLE, CONDUCT, DISAPPROVAL, EXCUSEME, MANNERS, PLEASE, PUNISHMENT, REQUEST, RESPECT, STANDARD, SWEARING, THANKYOU

Every year, \$1.5 billion is spent on pet food. This is four times the amount spent on baby food.

WEATHER FACTOID

Raindrops fall between 7 and 18 miles per hour (3 and 8 meters per second) in still air.



For the most part, I like school. I like most of the teachers (not all), and I think lots of the stuff the teachers talk about is kind of interesting. I am also a pretty nice guy. I don't hurt other people's feelings on purpose but, unfortunately, sometimes I do anyway.

Here is what happened. I was in the sixth grade and the teacher was talking about the Civil War. I have watched movies and TV shows about the Civil War and find this period of history very interesting. I thought there were many things about the war that would have been very cool to talk about. However, when my teacher started talking about the Civil War, my mind kept wandering. I couldn't focus on what she was saying, and pretty soon I was doodling on my paper.

The teacher, Mrs. Santo, came up to me and saw that I had doodled all over the class outline. At first, she smiled a little, and then she asked if I had a problem with the topic. So I said, "This is boring." Big mistake! Mrs. Santo was no longer smiling. She got red in the face and told me to see her after class. Yikes!

After class I went up to Mrs. Santo's desk. She asked me if I knew how it made her feel when I said that the class was boring. I said that I hadn't really thought about that. She then told me that I had insulted her. She said that she had worked hard to make the lesson interesting, so when I said that it was boring in front of the whole class, it made her angry with me. I had no idea!

I think I was really lucky to have Mrs. Santo, because she knew I didn't mean to be insulting. She said that this was a good learning experience for both of us. She then told me that it was never a good idea to tell a teacher that his or her lesson was boring. She said that most teachers feel proud of their lessons and that even if I thought a lesson was boring, I should keep it in my head. We talked about other ways I could let her know that I was having a hard time paying attention. Maybe I could ask more questions or ask her to write details on the board. I could also go up after class and privately let her know that I got lost in the discussion and missed some of the information.

I hope you are lucky enough to have a teacher like Mrs. Santo. She taught me a really good lesson that day.



Created by Kari Dunn Buron. Her writings include *The Incredible 5-Point Scale*, *A "5" Could Make Me Lose Control!*, *A 5 Is Against the Law!* and *When My Worries Get Too Big*.

www.5pointscale.com