

Habits of Friendship



Manners

I can show universal respect by following The Golden Rule.

Dear Parents and Teachers:

The Habits of Friendship lessons are meant to be taught over a 5-day period. Lessons are scripted and require little preparation time. Notes to you, the teacher, are given in dark blue. The script is written in black. Before each lesson, gather or print any materials listed. Then, simply read the lesson aloud and follow the blue instructions.

As the week progresses, lessons increase in the level of developmental depth. The first lessons focus work on concrete skills, mid-week lessons work on skills requiring more awareness, and lessons at the end of the week work toward total competence in this social skills area.

Day One: Introduction and Polite Language

Welcome to our second week of Habits of Friendship. This week we will be talking about Manners. Manners are the ways we can treat each other with respect. Manners show that we care about people's feelings, even when we are different. [Get out mantra poster](#). The mantra we will learn this week goes like this: "I can show universal respect when I follow The Golden Rule." Can you say that with me? [Repeat mantra together](#).

Do you know what universal respect means? [Listen to ideas](#). Yes, it means we can respect everyone, even if we are different or disagree. [Note: If your students need more understanding about respect, see the Habits of Learning lessons on this subject](#). Now for the next part of that mantra: The Golden Rule. Who know what The Golden Rule says? [Listen to answers](#).

MATERIALS BY DAY:

1. Title poster with mantra, polite language word strips, manner poem.
2. The book: *How Do Dinosaurs Eat Their Food?* or link to the book <https://www.youtube.com/watch?v=WfP4m4d-huQ>, Dinosaur manner cards
3. Ten target manners poster and cut apart matching word strips
4. Friendship Poem (one for each student)
5. Iron, Silver, and Golden rule poster. Situations for Iron, Silver, and Golden Rule game.



Day One Continued

Yes, The Golden Rule says: “Do unto others as you would have others do to you.” That means we should treat other people how we want to be treated. We learn this in the Bible in Matthew 7:12.

Using good manners is one of the most basic ways we can treat everyone with respect. Polite language is the foundation of good manners.

I have a few words strips in my hands with the basic manner words written on them. Let’s see how many of them you can guess?

[As students guess the words, display them for the class. Prompt and give hints as needed.](#)

Great work, you got them all! These words

help us show people our respect for them and our willingness to be kind to everyone. I would like to share a poem with you that will help you remember some of these words and other basic manners to show universal respect.

[Read the manners poem to the students and then have them recite it with you.](#)

Nicely done! If anyone has that poem memorized by the end of the week, I will have a small reward for you. It will be posted here so you can work on it!

Let’s end today by saying our Manners mantra one more time “I can show universal respect by following the Golden Rule.”
Awesome!

*“The child who starts in life with say, twenty good habits, begins with a certain capital which he will lay out to endless profit as the years go on.”
– Charlotte Mason*

Diversity and Manners

Often, the lessons we received about our own table etiquette come from our own cultural background. What is traditional in one culture is impractical or rude in another. It is important to teach children that there are many different ways to eat food that are worthy of respect and acknowledgement. Good manners can look different from culture to culture, even table to table.

Learning how to use a knife and fork is as important as learning how to handle a potsticker with chop sticks and scooping your curry with your right hand, not left.

The more time we spend eating diverse foods and dining with many people, the more we can teach our children the table manners that may be different from our own.

Day Two: Table Manners

Welcome back to Habits of Friendship: Manners. Let’s get focused by saying our new mantra together. “I can show universal respect by following The Golden Rule.” Well done!

Yesterday we talked about polite language and learned this little poem. Let’s say our poem together one more time. [Repeat “Manners” poem from yesterday.](#) Wow! I think some of you might have that all memorized soon! Today we are going to talk about table manners. This may seem like a little thing, but it is very important. Some of the most important moments of your life will happen while you eat a good meal. Important business meetings, exciting adventures with friends and family, and even when you become engaged to be married may well happen as you eat.

We could spend a whole week just on table manners, but with a few important ideas, you will be set to show universal respect when you enjoy a good meal. I have a book I would like to share with you to help us figure out table manners.

[Read or listen to the book “How Do Dinosaurs Eat Their Food?”](#)

Whew, I am glad those dinosaurs figured out how to eat their food! Now, let’s look at the DOs and DON’Ts the dinosaurs showed us in this book and write down some basic table manners we can follow. [Using the dinosaur manner cards, make a list of the best table manners.](#)

Well done! I hope we can use these table manners at home, at school, and when we are out to eat. This is one of the best ways we can show universal respect. Let’s close by saying the mantra. “I can show universal respect by following the Golden Rule.”



Day Three: Around Adults

Welcome back to Habits of Friendship: Manners. Can you say the mantra without my help? Help as needed, but try to let the students say it without you. Great! Hint: Remember to work on memorizing the poem from Monday!

Today we are going to talk about ten target manners that are very helpful, especially when you are around adults or those that deserve special respect. In addition to adults in general, who are some people that deserve special respect? Help students list people like teachers, parents, grandparents, religious leaders, police officers, professors, judges, civic leaders, military personnel, etc.

That is a great list. Our ten target manners will help us make sure we are acting as we should even when we are around important people. Pull out ten target manners poster. Here are those ten target manners. I will read through them; as I do snap your fingers if you have used this manner before.

Read the list and listen for snapping. Wow, by the sound of it, you have used lots of these manners before. That is awesome! When these manners become a habit, you can easily and naturally show those around you respect.

Let's play a game to practice knowing when to use each of these manners. You will draw a slip of paper out of this bag. After you read it aloud, match it up to the manner you should use.

Note: The last manner about using titles can be confusing and have regional differences. When I was raised in California I never used "ma'am" or "sir" in conversation. I was taught to always use the titles Mr., Mrs., and Ms. when answering an adult. When I started graduate school education in the south, I soon learned "Ma'am" and "Sir" were very important terms. Teach your students what is culturally appropriate in your area. If you feel so inclined, you may point out regional differences to heighten their awareness.

Play the game. As you play, make connections like: "Yes, just like you call me Mrs. Smith" or "Let's practice a nice, firm handshake." or "It is so important to wait your turn to talk, especially in the classroom or in a large group."

Nice work today. We have talked about polite words, table manners, and our ten target manners. You are all going to be manner experts by the end of this week! What is our mantra? Repeat mantra. You got it!

Ten Target Manners

With these ten target manners, you can get your students off to a great start in their manners journey.

1. Greet people with a smile, a "Hi", and "How are you?"
2. Say "Thank you" when you receive something.
3. Open doors for others.
4. Look people in the eye when speaking.
5. Let others finish before you speak.
6. Put down your electronics when someone enters the room, when someone is speaking, or you are speaking.
7. Say "Please" when asking.
8. Say "Excuse me" or "Pardon me" when you bump someone or accidentally do something rude.
9. Shake hands firmly.
10. Use correct titles when talking to adults. (Examples: Sir, Ma'am, Mrs., Mr., Ms., Dr., Officer, or President)

Literature Tip: In the three-book series "What if Everybody" it playfully teaches manners, friendship, and universal thoughtfulness across cultures, time, and space.

Read these books with your students and see if you can find the ten target manners.

An Acrostic Poem

An **acrostic** poem is a poem in which the first letter of each line spells out a word, message or the alphabet. In lesson four of Habits of Learning: Manners, an acrostic poem is used to teach the manners of friendship.

Extend The Hand of Friendship

Friends

Respect each other

Include each other

Enjoy being together

Notice how others are feeling

Decide things together

Share

Help each other

Invoke others to

Play

Day Four: Making and Keeping Friends

It is time to learn a little bit more about Habits of Friendship: Manners. Today we are going to talk about the manners we use to make and keep friends. The best place to start is our mantra, let's say it together: "I can show universal respect by following The Golden Rule."

Nice work! The Golden Rule is the best place to start our discussion on friendship. If you want to make more friends and keep the friends you have, you need to treat your friends how you want to be treated.

Another great Bible connection to friendship comes from the story of Ruth and Naomi. Naomi was having a very hard time. First her husband died and then her sons died. Desperate and alone she set off to her homeland. Ruth was her daughter-in-law and true friend to the end. Though Ruth has lost her husband to death, she did not want to lose her friend, Naomi. They returned to Israel together, grieving and supporting each other. They were faithful to one another. Eventually, one of Naomi's relatives fell in love with Ruth. This marriage brought great peace and joy to both women.

What does this Bible story teach us about friendship? *Help students list ideas about loyalty, love, support, sticking together in good and bad times, listening, and compro-*

*mise on the Ruth and Naomi poster. If you are teaching in a secular environment, you can still use the Golden Rule, as it is universal to all cultures, but you may want to skip the story of Ruth and Naomi. You may want to choose another story book from the resources pages to read in place of the Bible story. I would recommend, *How To Lose All Your Friends*. You may also want to use this book when you repeat this lesson.*

Well done. A strong friendship can take a little work and time, but if you stick with it, long-lasting friendship can be very rewarding. I would like to share a little poem with you that, like the story of Naomi and Ruth, can help you make and keep some amazing friends!

Read the poem aloud to the students and allow the students time to illustrate the poem with a picture of friendship. Celebrate each artistic creation and display them around the room.

Nice work on your poem illustrations. I hope you have each learned a little bit more about making and keeping great friends.

Let's wrap up today's lesson with our mantra: "I can show universal respect by following The Golden Rule." Great work, I can't wait to wrap

"A friend loves at all times." Proverbs 17:17



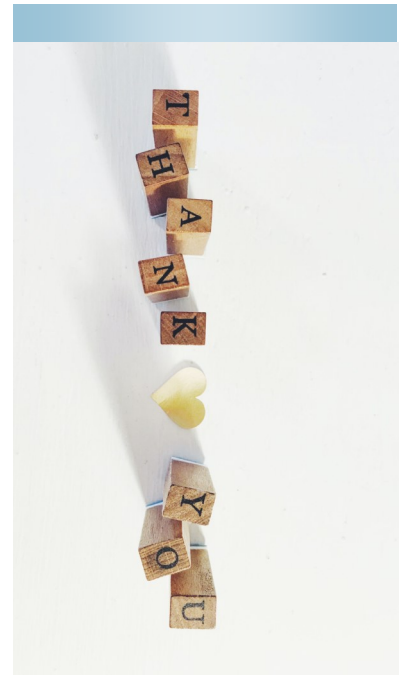
Day Five: Golden Rule

Today is the last day we will study about Manners. We have learned about polite words, table manners, and our ten target manners. Also, we have learned about how we can make and keep friends. You are all well on your way to being the best mannered kids I know! But, there is one thing we have left to learn about. Let's say our mantra and see if it gives us a hint!

"I can show universal respect by following The Golden Rule." **Repeat with students.** What do you think we will learn about today? **Wait for responses.** That's right, The Golden Rule! We are actually going to learn about three rules today: The Iron Rule, The Silver Rule, and The Golden Rule.

God has always given His people guidance on how they should treat one another. We tend to be selfish, having bad manners, unless trained otherwise. But God wants us to be considerate of others. He said that we should treat others the way we would like to be treated.

How do you like to be treated? With respect, listened to, not interrupted, loved, shared with, treated fairly, honest with, follow through on promises. There are three different kinds of rules on how to treat others: The Iron Rule, The Silver Rule, and The Golden Rule. **Display, define, and discuss each rule using the provided poster.** Define on a chart: Iron Rule "Do unto others before they do it to me." Silver Rule "Do unto others as they do unto me." Golden Rule "Do unto others as I would have them do unto me."



"Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets." Matthew 7:12

Wow, The Iron Rule sounds pretty mean, let's give that one a thumbs down. The Silver Rule does not sound like it will make us many friends, let's give that one a side-ways thumb. The Golden Rule is the way to go, let's give that one a thumbs up.

Okay, let's use those hand signal to identify which rule is being used in each of the following situations. **Read the situations from the Iron or Silver or Golden Rule game sheet.** Have each student use the thumb signals to select the rule being demonstrated.

Amazing work! I think you have got it. With a little training and discipline we can show everyone kindness by always using The Golden Rule. Manners are all about treating others how we would want to be treated. I am proud of the work you have done this week. Let's close by saying our mantra: "I can show universal respect by following The Golden Rule." Well done!

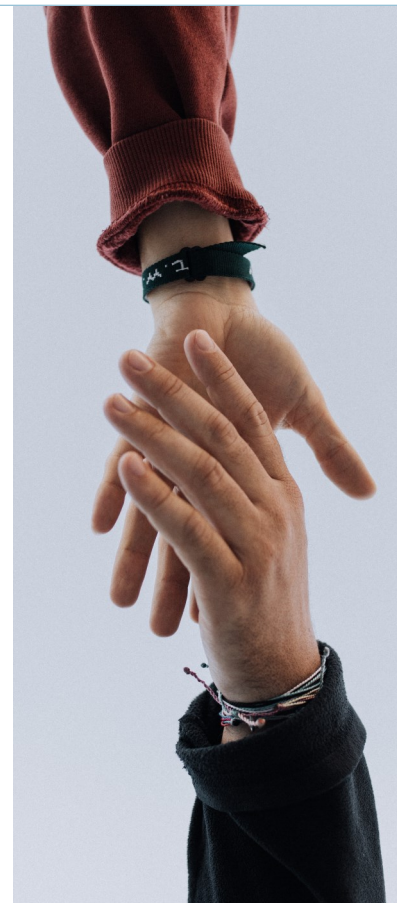
If you are repeating this lesson, you might consider reading "The Berenstain Bears and the Golden Rule" during this lesson.

If anyone memorized the poem from Monday, I would love to hear it now.

Exploration Resources

- ⇒ Copywork pages
- ⇒ Quote memorization (or complete as copywork)
- ⇒ Scripture memorization (or complete as copywork)
- ⇒ Memorize the included poem
- ⇒ Read and then narrate from one of the books on the reading list
- ⇒ Complete the Hymn Study for "Come, Ye Thankful People, Come"

Detailed instructions and needed worksheets for each exploration activity are given in the resource packet.



A One-Room Schoolhouse

The Habits of Friendship © program was inspired by the formation of *A One-Room Schoolhouse: A Hybrid Homeschool Academy*. As the Schoolhouse program took shape, the founder, Genevieve Peterson, knew the program needed a pro-active habit training curriculum to help shape her children and those that would join them. Her desire to instill the social skills needed for meaningful, life-long relationships with simple, daily instruction and practice inspired The Habits of Friendship © program.

Follow our journey on Facebook & Instagram @aoneroomschool

Genevieve blogs weekly at

A One-Room Schoolhouse A Hybrid Homeschool Academy

*Building Faith, Knowledge, and
Character*

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Habits of Friendship ©

Welcome to Habits of Friendship, the companion module of Habits of Learning. In Habits of Friendship, we will explore the social skills needed for meaningful, lifelong relationships. After Habits of Learning took shape in my mind, I began to realize it was an incomplete program. Our lives are not just about learning, they are about more than that.

As I reflected upon this void I was reminded of a Bible verse that has driven much of my life: Luke 2:52. *And Jesus increased in wisdom and stature, and in favour with God and man.* In this verse we see that as Jesus grew from child to man, he developed in four areas of his life:

- Wisdom: Learning and education
- Stature: Physical health and wellness
- Favour with God: Spiritual development
- Favour with man: Social and emotional development

Habits of Learning focuses on the “wisdom” part of that verse. Habits of Friendship focuses on “favour with man.” To complete the Habits training program: Habits of Living and Habits of Worship follow Habits of Learning and Friendship.

Habits of Living and Habits of Worship will be designed for in-home use, whereas Habits of Learning and Habits of Friendship can be taught in the home or school.

As these four modules come to fruition, the Habits program will be complete as inspired by Luke 2:52. This will allow the parent or teacher to directly teach each area of personal development, as modeled by Jesus Christ, to their child of any age.

The Habits of Friendship focuses on six different fundamental social skill areas as they grow over three levels of developmental progression. As students learn these broad social skills, they will be guided to learn the supporting skills needed to be competent in each skill area. The Habits of Friendship curriculum will guide students through the developmental levels of social skill acquisition from concrete, to awareness, and finally to competence.

The lessons can be taught over a six-week period, but are designed to be repeated as often as needed. A nondenominational Christian perspective is intertwined throughout the lessons. All scripture references are taken from the King James Version of the Bible. Lessons and activities are designed to be used in a multi-age classroom setting but can also be done one-on-one.

This program of personal development is based on the most current research in behavior intervention, historical wisdom of great educators, and years of practical experience in both the educational and therapeutic settings of the author.

Specifically, Positive Behavior Intervention and Support (PBIS) heavily influenced this work as it provides a process to understand and develop positive behavior in students that is based on both values and empirical research.

Both the models of classical education and the work of Charlotte Mason are melded together when considering teaching methods and behavioral development. Finally, the author’s years of professional experience as a school psychologist, education director, and special education teacher honed this curriculum.

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