



Etiquette Programs for Children 8-13 *from the Emily Post Institute*

Everyday Manners: More Than Please and Thank you

How do you start a conversation with the new kid in your class? What do you do if you break something at your friend's house? Do you need to send a written thank you or is an email thanks okay? In this seminar kids learn the manners that will get them through these situations and others throughout the day. The emphasis is on helping kids figure out the respectful, considerate and kind things to do. Session includes two activities – The Art of Conversation (how to have a good conversation even if you're really shy, an introduction to introductions and the six important things to remember in any conversation) and Get a Job! (essential manners for your very first job: baby-sitting, raking lawns, pet walking). Each participant receives tip cards that emphasize key points covered in the seminar and a certificate of completion from the Emily Post Institute.

Audience: kids ages 8-13

Length: 1 hour

Audience size: 50-75

Out and About: Planes, Trains, Malls, Movies, and more...

This seminar covers the manners associated with travel, shopping, and public activities. Participants learn the value of consideration and respect and how to use those principles as the basis for decisions on how to act when out in public. When we are "out and about" our interactions may be with people we know well – friends and family – or they maybe with people we don't know or will never see again. Whatever the relationship, consideration is the key to good manners. It's thinking about how what you do and will affect others: cell phone use, behavior in a concert or theater, waiting rooms (airports, doctor's offices, etc.), on public transportation, at the park, and more. The two activities – Having Consideration and If I Only Had the Nerve - focus on showing consideration for strangers in public places; making good choices at the mall; ten top tips for travelers; and 3 Questions of Consideration. Each participant receives cards and booklets with tips and key and a certificate of completion from the Emily Post.

Audience: kids ages 8-13

Length: 1 hour

Audience size: 50-75

Manners at Middle School

In the classroom, in the halls, in the lunchroom, in the principal's office – this seminar helps students learn manners that are especially relevant in the middle school setting. There is also, a focus on how to adapt manners to meet the special circumstances that occur during a school day. Examples: You have three minutes to get to your next class at the other end of the school and your teacher asks you a question about something you said in class, so you're faced with being rude to the teacher or late to class; you have twenty minutes to get through the lunch line – which table manners can be dropped to help you make it through the rush? Program activities focus on essential manners for getting along with teachers and other adults, and key manners for outside the classroom. Participants receive tip cards and a certificate of completion from the Emily Post Institute.

Audience: kids ages 8-13

Length: 1 hour

Audience size: 50-75

Table Manners Program

During a meal, kids learn about table manners and etiquette. Children learn to navigate a formal table setting and dining experience with confidence. Children are introduced to the principles of etiquette—respect, honesty and consideration—and how they impact daily life. There is a table manners quiz, an overview of the place setting, pointers on how to eat tricky foods and tips on being a good guest and host. Children receive a booklet summarizing manners and lessons presented in the program. They also receive a personalized certificate upon completion of the manners course.

Audience: kids ages 8-13

Length: 2 hours during a meal

Audience size: 10-35

Fees & Expenses

Cost for schools and nonprofit organizations:

\$500 per session

Table manners program:

\$1,500 per session

Additional costs include travel expenses for presenter

Sponsorship

Interested parties concerned about expenses are encouraged to find local sponsors. This unique program offers great exposure for underwriters. Corporate logos can be added to posters, signage, workshop handouts, and certificates. Sponsors can also purchase discounted copies of *The Guide to Good Manners for Kids* for participants. Books can include stickers that say “Compliments of SPONSOR ORGANIZATION.” Sponsoring organizations can also create gift bags to distribute. Call The Emily Post Institute (802-860-1814) for more information.

Presenters

All sessions are lead by Cindy Post Senning, Ed.D. or Peggy Post.

Cindy Post Senning is codirector of The Emily Post Institute, Inc., and oversees the book program. Cindy is coauthor of *The Gift of Good Manners*, *Emily's Everyday Manners* and *The Guide to Good Manners for Kids*. Her professional career spans nearly thirty years in education and health; she taught health care to middle and high school students and served as principal of the Duxbury Elementary School in Duxbury, Vermont. Cindy is currently completing her first etiquette book for toddlers.

Peggy Post, codirector of The Emily Post Institute, Inc., has written ten books on etiquette, including *The Gift of Good Manners*, which she wrote with Cindy. Peggy is a nationally recognized authority on etiquette, and millions seek her advice through her monthly columns in *Good Housekeeping* and *Parents* magazines; through appearances on national television; and via hundreds of newspapers and radio stations. Peggy conducts speeches and seminars across the country, and teaches manners to children of all ages.