### **KIDIQUETTE™**

### **Everyday Etiquette**

















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Duration: 4 x 60-minute sessions

Investment: 795 PLN including certificate

and course materials

Delivery: Online or in-person for a

minimum of 10 students

Please contact us for registration details and upcoming course dates.

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"It is a great course, with valuable and essential information that kids need to learn proper manners in order to thrive in life. I thoroughly enjoyed it as well."

"Thank you for everything you taught me. I showed off my good table manners at dinner and breakfast time."

IR, AGE SIX

#### Course introduction

Knowing how to behave at school, social events and family gatherings will instill children with a sense of confidence that will benefit them for life. Numerous studies show that confident children are happier, more resilient and well adjusted than those who lack faith in their own abilities

The Kidiquette™ course is delivered in-person and has a fun, informative and interactive approach. We encourage children to practice good manners and social skills in their everyday life by using role-play, games and demonstrations. From table manners and writing thank you notes to holding conversations and knowing when to put away technological devices, this course covers all the etiquette essentials for young people.

Children are never too young to learn good manners but our course starts from age six, as we believe that this is the age when they are able to reap the benefits of virtual classroom training.

See overleaf for course breakdown.

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#### Course breakdown

## SESSION ONE

#### Meeting New People

- · Different forms of greeting
- The importance of smile and eye contact
- · Introducing oneself and others

#### Time with Friends and Family

- · Confident conversation
- Topics to avoid
- Formal vs. informal events
- The importance of listening

## SESSION TWO

#### **Sports and Games Etiquette**

- What is good sportsmanship?
- · Teamwork and taking turns
- · Winning vs. losing

#### Posture and Personal Presentation

- Dressing appropriately and why it matters
- Personal hygiene hair, teeth, hands, etc.
- · What to wear for different occasions
- Correct posture and why it is important
- Practical exercises to improve posture

# SESSION THREE

#### **Basic Table Manners**

- Introduction to place settings
- How to hold cutlery
- How to behave at the table

"Thank you for all you've done for me.
I've learnt many things and I will spread
your teachings to friends and family"
HELEN, AGE NINE

# SESSION FOUR

#### Techiquette™

- Knowing when to put away technological devices
- Importance of face-to-face interaction
- Introduction to Internetiquette™ (online manners)

#### Thank You Cards and Invitations

- Why do we write thank you cards?
- Tips for writing thank you cards
- Different types of invitations
- Practical exercise (all students to write a thank you card)