

My Manners

1. I will write thank you notes by hand to show my gratitude to others.

2. I will help others without being asked to.

3. I will remove my hat in church and when our flag is presented to show respect.

4. I will offer my seat to others, especially a pregnant mother and the elderly.

My Manners

1. I will write thank you notes by hand.

2. I will help others without being asked to.

3. I will remove my hat in church and when our flag is presented.

4. I will offer my seat to others.

5. I will not use my phone or even expose my phone during meals.

My Manners

5. I will not use my phone or even expose my phone during meals to show I value those at the table.

6. I will hold open doors for others, letting them go before me, demonstrating selflessness and humility.

7. I will use respectful terms when talking with adults – like ma'am, sir, mister, misses, auntie or uncle.

8. I will stand to greet all adults and shake their hands firmly to show respect.

My Manners

6. I will hold open doors for others, letting them go before me.

7. I will use respectful terms when talking with adults.

8. I will stand to greet all adults and shake their hands firmly.

9. I will make eye contact in conversations.

10. I will not interrupt but will wait and actively listen.

My Manners

9. I will make eye contact in conversations to show I am respectful and listening.

10. I will demonstrate patience and self-control by not interrupting but waiting and actively listening.

I WILL...

**Remove my
hat in
church and
for our flag**

**Write Thank
You notes
by hand**

**Not interrupt
conversations**

**Use respectful
terms to talk
with adults**

**Help others
without
being asked**

**Hold open
doors for
others**

**Make eye
contact in
conversations**

**Offer my
seat to
others**

**Not use my
phone at
meals**

**Stand to
greet adults
& shake
hands firmly**