

**"GOOD MANNERS ARE MADE  
UP OF PETTY SACRIFICES."**

*- Emerson*

### EXERCISE:

Choose three of the courtesies below that you think are most important. Circle them. Then on a separate sheet of paper write a sentence or two on why that "unwritten rule" is important to follow.

- Can't decide? Step aside.
- Don't talk in the theater.
- Give up your seat to older people.
- Hold the door.
- Don't grab first.
- Leave it how you found it.
- Wait your turn.
- Say "Excuse me."
- Don't interrupt.
- Don't text at the dinner table.
- Look at the people you're talking to.

### EXERCISE 2:

Get a large sheet of paper and design your own poster to promote one of the common courtesies listed above. Post it at your school (with proper permission, of course).

Get crazy  
creative!

corelife  
BUILD YOURSELF STRONG

## Practice common COURTESY

### COUR•TE•SY

(noun) Polite behavior that shows respect for others.



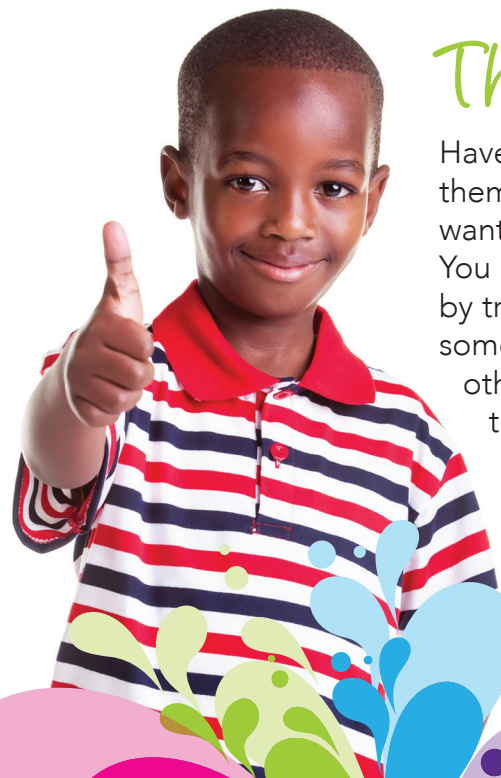


## WE WERE MADE TO BE WITH OTHERS.

... Sometimes being around other people is pleasant, smooth and easy – and at other times there can be friction and trouble. The key to keeping your relationships nice is to start with common courtesy: be AWARE of the people around you and DO SOMETHING about it. Let's explore courtesy...

### That's Rude.

Did you ever hear someone cry out, "That's Rude!"? If someone belches loudly at the lunch table, or suddenly interrupts a conversation, or clumsily stumbles into the person ahead of them in the line for The Beast, he or she might receive that kind of harsh comment. That's because the rule of courtesy has been broken. What that person is really saying is, "I'm here. Please be aware of your surroundings and be a little more respectful of us." If this comment is directed at you, it's your sign to be a little more courteous of others. Common decency starts by paying attention to others – and trying to put their needs ahead of yours.



### The golden rule.

Have you heard of The Golden Rule: Do unto others as you would have them do unto you. Why do you think it is considered "Golden"? Do you want others to cut in front of you in a line, or belch loudly in your face? You want others to be considerate of you and your comfort. Then, start by treating them with the same kind of consideration and respect. Here's some things to practice: Make eye contact and smile. Anticipate others' needs and do something for them – or say something – to make their day better. It's what you would want them to do for you. Try it and see if you can be the start of a new kind of chain reaction.

### "Please" others.

Two expressions that mark you instantly as a courteous person are "Please" and "Thank You." When you use these words in making requests of others, you let people know that you think a lot of them and that you respect them.



### Elevator courtesy. Going up?

Even most five year olds know not to rush into the elevator as soon as the doors open. Stand back a few feet and give the people onboard a chance to get out first. Then inside the elevator, stand to the back facing forward to make room for other passengers. If you happen to be standing in front of the button panel, ask any others who got on the elevator with you if you can select their floor for them. How are your elevator manners? Going up.

