

Longfellow Home Cool Tool  
Dining-social skills

*Expectation:* Be Respectful, Be Responsible

*Purpose of the lesson Why it is important:*

1. To display the expectation of Being Respectful by listening to others, taking turns including others and sharing during meals.
2. To maintain a caring, nurturing environment during mealtime.

*Teaching Examples:* *The following presents situations that your child might find himself/herself in. Use these examples to discuss with your child ways of making good decisions about their behavior during meal times.*

- Your child has a friend over for lunch. Your older child does not like the friend. When you call them in for lunch, your older child comes into the kitchen pouting and saying that he/she isn't hungry. You tell her/him to sit at the table whether eating or not. He/She is about to argue. Discuss with your child that you expect your child to show respect by including others even when they don't especially like the person. Discuss other situations where this might occur and what they will do.
- Your child is having dinner with relatives or adult friends of the family. They have cooked your child's favorite food, perhaps spaghetti. Your child ate quickly and wanted a third helping. He/she is about to take the spaghetti off of the platter. Ask your child what he/she should look for before taking another helping (e.g., have others had more than one helping). Talk about how being respectful during meals includes waiting for others to eat and using words to ask if it's ok to have another helping).
- Your child is at having breakfast with you and your older/younger child. Both children want to be tested on their spelling lists during breakfast. The older child thinks he/she should go first because the spelling list is longer. Your child starts disagreeing by yelling and saying that he/she is sick of the other being first. Remind your child to be respectful. When things quiet down, ask your children to come up with a plan for practicing spelling lists on Friday mornings (e.g., taking turns going first, flipping a coin, whomever makes it to the table first with the bed made).

*Kid Activities/Role Plays:*

1. Role-play any of the teaching examples above or make up your own role-play based on situations that have occurred in your household. Practice using respectful alternatives in each situation.
2. While dining together, discuss how meal time can be a chance for family members to be together, talk, and share how their day is going. Bring up how to be respectful by letting everyone have a chance to talk and by showing that you are listening to the person who is talking (e.g., eye contact, responding, asking questions).

*Follow-up/Reinforcement Activities:*

Praise your child when you catch him (her) being respectful at meal times.

