



Workshops for Kids and Parents “Manners for Kids”

Created for presentation in schools and libraries these workshops are approximately 1 hour in length, but can be tailored to fit a school's individual timetable. The workshops are suitable for children ages 8-13, with an audience size of 50-75.

“Cindy's parent presentation was enlightening and thought-provoking. Parents expressed to me later that they learned so much and took away specific tips for encouraging manners with their children. I felt so fortunate we were able to have Cindy for a speaker and offer this kind of education to our families, and I would love to host her again.” – *Nicole McDermott, Head of School, The Pinecrest School, Annandale, VA*

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 workshop kids learn the manners that will get them through everyday situations. The emphasis is on helping kids figure out the respectful, considerate, or kind thing 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!

(the 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 workshop 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 workshop covers the manners associated with travel, shopping, and public activities. Everyday we spend time "out and about." Our interactions may be with people we know well - friends and family - or with people we don't know or will never see again. Whatever the relationship, participants learn the value of consideration and respect and how to use those principles to decide how to act when out in public. Topics include cell phone use, behavior in a concert or theater hall, waiting rooms (airports, train stations, 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. Participants receive tip cards that emphasize the key points covered in the workshop and a certificate of completion from the Emily Post Institute.

For: 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 workshop helps students learn manners that are especially relevant in a school setting and how to adapt them to meet the special circumstances that occur during a school day. You have three minutes to get to your next class at the other end of the school; 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 your next 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 - in the halls, lunchroom, recess, bus and sports field. Participants receive tip cards and a certificate of completion from the Emily Post Institute.

For: kids ages 8-13; **Length: 1 hour;** **Audience size: 50-75**

Fees & Expenses

Manners for Kids Workshops: Cost for schools and nonprofit organizations: \$1,000 per session

Table Manners Program for Children: \$1,500 per session, plus restaurant expenses

Additional expenses for all programs include travel expenses for presenter and cost of printed materials. These additional expenses are billed at cost, with no mark-up.

Sponsorship

Interested parties concerned about expenses are encouraged to find local sponsors. Both the ***Manners for Kids Workshops*** and the

Table Manners Program for Children

programs offer 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 co-director of The Emily Post Institute, Inc., and oversees the book program. She writes columns on children's etiquette and develops etiquette curricula for children's manners classes. Cindy is coauthor of *Emily's Everyday Manners*

, *The Gift of Good 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.

[For more information view Cindy's biography page.](#)



Peggy Post, co-director of The Emily Post Institute, Inc., has written ten books on etiquette, including *mily's Everyday Manners*, *The Gift of Good Manners* and *The Guide to Good Manners for Kids*, 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.

[For more information view Peggy's biography page.](#)

What Kids Say.

"You taught my friends and I all about manners and what we need to do to be more polite. My family and I have improved our manners because of your visit. You helped me learn what to do at friends' houses if there is something wrong." ~ Rachel

"I learned about manners on the computer and for cell phones. I liked how you interacted with the kids too." ~ Harrison

"I really enjoyed deciding which choice was best when you gave us different scenarios." ~ Haley

"I never realized that cell phones could be so annoying. The table manners are helpful to my family also." ~ Hannah

"It's cool that kids have their own manner book. I look forward to reading it. Now I know to stand up and shake someone's hand. THANK YOU!" ~ Alexandra

"Thank you for coming and sharing good manner tips. I really liked your book! I'll use it well. I hope you have a great stay in Kansas City. Thank you Cindy!" ~ Quint

"Thank you for coming to talk to us. I learned new stuff from you and your manners book. It is a very good book. You describe manners as if you invented them." ~ Connor