

# COURTESY AT THE LUNCH TABLE - HUNGRY TUMMY



## Courtesy is:

- \* Showing politeness in what you do and what you say.
- \* Thinking about the needs and feelings of others and being mindful of what will make them happy.

## Synonyms:

- \* thoughtfulness
- \* respect

## Important Phrase:

- \* The little things in life make a big difference.

## LEARNING OBJECTIVES:

**To know how to be courteous at meal times and why this is important.**

### Suggested Resources:

A4 paper for placemats, plus outlines of cutlery, plates, etc. to cut out, scissors, glue, and pens; *I want my dinner!* by Tony Ross; tea party equipment; pictures of food waste bin; and stack of plates for labelling.

### Script:

Explain to children that in this lesson they are going to imagine that it is lunch time (if possible, host the lesson in the dining hall). Set the scene: pretend that you have just played games outside and used up lots of energy, so you have got a very hungry tummy (everyone rub their tummies). What do children want for lunch today? How can we show courtesy in the dining hall and make sure that everyone is happy during their lunch time? Guide children towards the following: lining up nicely, no pushing in the queue, saying please and thank you, sitting down quietly, using your own knife, fork and beaker. Is the lunch delicious?

What should you do if:

- \* someone on your table needs something and you are closest to it?
- \* you would like some more water/lunch?

- \* you want to talk to your friends on the table?

- \* you don't like the taste of something?

Discuss with children the consequences of not following these rules (safety - hot food, slippery floors; manners - not nice company).

### Suggested Activities:

**All Together:** Children create their own placemats by cutting and sticking a plate, knife, fork, spoon and beaker onto an A4 mat. Can they put the knife and fork on the right sides? Once they have done this children can draw/colour in food on their plate.

**Story:** *I want my dinner!* by Tony Ross - a little girl learns to say please and thank you at meal times. *Madeleine Says Merci* by John Bemelmans Marciano - a rhyming story about a little girl and her school friends who learn how to behave during lunchtime.

**Writing:** Children practise writing or copying helpful signs to decorate their dining hall (e.g. 'Food waste goes here'; 'Put plates here'; and 'Remember to say please and thank you').

**Role Play:** Set up a tea party for children to practise their table manners - not talking with their mouths full, offering their friends food, etc.



## Character Coaching

### Guidance:

What would be a really courteous way to enter the dining hall?

### Meaningful Praise:

You have made a really pleasant lunchtime environment. You are really practising courtesy by showing good manners to the people on your table so that everyone enjoys eating lunch together.

### Correction:

Please do not rush to get your food even if you are hungry, it makes the dining hall an unsafe and unhappy place. Please be courteous by waiting for your turn; it will not be long before you get your lunch and then you can enjoy eating it with your friends.

