

Tea Time

This lesson focuses on caring through manners. Your words, your actions, and your overall attitude when interacting with others can convey caring if it is kind and respectful. Students will create a personalized placemat and participate in a simple tea party to practice basic manners during meals to exercise caring for others.

Caring Sub-Concept(s)

Compassion, Helpfulness, Kindness

Lesson Timeframe

45 minutes. (Can be divided into two 30 minute lessons if desired.)

Required Materials

- Iced Tea or Hot Tea
- Dixie cups
- Silverware
- Paper plates
- Napkins (optional)
- Construction paper
- Basic art supplies

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.



**DESIGNATED BY CASEL
AS A RECOMMENDED PROGRAM
FOR SOCIAL AND EMOTIONAL LEARNING.**
See last page for details.

Lesson Objective

Students will be able to:

- Explain how to show caring through the use of proper manners.
- Demonstrate proper manners in a meal setting.
- Practice helpfulness, kindness, and compassion in a group setting.

Teacher Connection/Self-Care

Compassion and Empathy go hand in hand. When you experience that tug of compassion, you are often able to express empathy simultaneously. Last week we focused on paying closer attention to the frequently forgotten in your community. This week, the challenge goes even deeper. Pick one person in your community to empathize with and place yourself in their shoes for one day.

What is his/her day like? What struggles might he/she encounter? What might be the highlight of the day? If possible, try to live one day the way that person would. If this isn't possible, try visualizing the day or journaling about it. Compassion leads us to feel emotions. However, true empathy allows us to place ourselves squarely in the place of the other person, with all of the highs and lows, struggles, and celebrations. This simple exercise can help you practice empathy more readily with all different people both locally and internationally.

Tips for Diverse Learners

- Precut shapes for placemats to help students with fine motor skill challenges.
- Divide students up in mixed speaking ability groups during the tea party.



Share

3-5 minutes

- Have students talk about a time when someone cared for them.
- How did it feel to be cared for?
- What was your favorite part?
- How can you use helpfulness and compassion to care for others like that?



Inspire

What are Manners?

7-10 minutes

Explain that manners are the words and actions you choose to use when you are with others.

How do you talk to them? How do you treat them? How do you act during meals? How are you showing kindness and respect? How are you caring for others when you are with them? These are all good questions to ask yourself when you are checking for good manners!

What do good manners look like?

5-7 minutes

Explain that kind words, respectful actions, and a caring attitude are all examples of good manners.

- Ask for students to provide examples of good manners. Write them down on the board.
- Focus the conversation on manners during meals after all large scale examples are exhausted.

Today we will have a chance to care for each other through good table manners!



Empower

30-60 minutes

Students will create personalized placemats using basic shapes and will then participate in a simple “tea party” during your normal snack time to practice good table manners.

Part 1: Create placemats using rectangles and circles. A template is provided below if desired. Make sure to include a plate section, fork, knife, and spoon section, and cup holder location. Have students color in each shape. This will provide a natural color and shape review during the activity.

Depending on time, you may want to split this lesson up across two days, or this could even be accomplished before and after recess.

Part 2: Have a tea party to practice caring for each other through good manners.

- Divide your class up into small groups (or use existing desk groupings if possible).
- Within each group, have one child set up all of the cups, another set up the plates, and several help with the silverware.
- Pass out the tea and snacks.
- Invite the students to practice proper table manners during snack time. Demonstrate this first at your table. Emphasize how you eat (mouth closed), drink (no slurping), and generate kind conversation (ask respectful questions and wait for responses before speaking).
- Circulate during the activity to help guide caring attitudes, kind words, and respectful actions.
- Encourage caring attitudes during the clean up portion of the activity.



Reflect

5-7 minutes

To gauge comprehension of good manners, ask the following questions and prompt the students to SHOW you the answer:

- *What kind words can you use when eating a meal with someone?* (ask questions, wait for answers)
- *How do we eat respectfully?* (mouth closed)
- *How do we drink respectfully?* (no slurping)
- *How can we be helpful before, during, and after meals?*



Extension Ideas

- Laminate your placemats and use them for every snack time to continue practicing good manners
- At Home extension: send the placemats home and have the students explain good manners to their family during a meal
- Further this discussion by adding a nutrition lesson that focuses on “Eating the Rainbow” through healthy food choices. Myplate.gov has excellent resources to expand into this area.



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AND EMOTIONAL
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

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