

Junior Social Butterfly





Instructions

Go through each step, completing the activity or activities for each. The activities can be adapted or changed based on what you have available at your house.

Step 1- Hold a conversation!

It's easy to have a conversation with your best friend, but what about people you don't know well? Conversation skills will help you in your job one day and make you seem more open to new friends!

Practice conversation starters. First, make a list of 10 great questions to start a conversation. Think about the different situations you might have: with one new person, a group of new people, or an adult friend of your parents'. Then, role-play with your questions to practice starting and continuing a conversation.

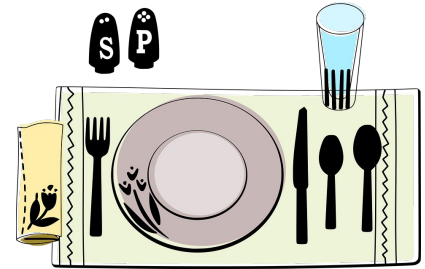


Step 2- Use table manners!

Manners can be important at mealtime. Practice feeling at ease at the table with either of these activities!



Brainstorm five things not to do at the table. For each one, list a good substitution. Here's one to start you off: "Don't criticize the food! Instead, find something you like about it." Pick three good table manners from your list to practice in the next two weeks.



Set the table. Find out where silverware, glasses, napkins, and plates go. Make paper "reminder" place mats that show outlines where everything should go – one for a formal dinner, and one for a casual meal. You might make the place mats from fabric and trace your "cheat sheet" on the back! Then, try setting the table for a week.

Step 3- Be prepared for special occasions!

Special occasions all have their own rituals. Some special occasions wedding, bat mitzvah, quinceanera, birthday party, retirement, etc.

Special Occasion Questions

- Why is the ceremony held?
- What important rituals are in the ceremony?
- How should you dress?
- How do the guest(s) of honor/hosts dress?
- What's one thing you should know before attending the special occasion?
- When is the occasion usually held? What age? Time of life?
- What is something that is especially nice to say to the host or guest(s) of honor of the occasion?

