



Students do a relay race to learn how to set a table properly.



One copy of the “Table Relay” Handout per adult leader; Copies of the “Student Table Setting” Handout for each student; Paper plates; Paper bowls; Napkins; Paper cups; Disposable knives, forks, and spoons; Table (round, if possible); Chairs, one per team of 4; Masking tape; Placemats or 11x17” construction paper; Flat trays, one for each team of 4; Blank paper; Markers.

Total Prep Time: 15 mins.



As this is the last Monday of the month, please consider sharing or re-sharing the Monthly Kick-Off activity, and if appropriate, video at www.everymondaymatters.org. Additionally, a three-minute recap of the previous weeks may add extra context to this week and help connect the dots around the monthly theme.

4 C's		SOCIAL & EMOTIONAL LEARNING		SERVICE LEARNING	
•	Critical thinking	•	Self-awareness		Integrated learning
•	Communication	•	Self-management		High quality service
•	Collaboration	•	Social-awareness		Collaboration
•	Creativity	•	Relationship skills		Student voice
		•	Responsible decision-making		Civic responsibility
					Reflection
					Evaluation

GOALS FOR THE WEEK

- Discover how etiquette makes a difference in our world, and learn specific ways to implement it
- Identify how active listening helps us to “HONOR” and thoughtfully interact with others
- Practice the art of gratitude and respect toward those who help, serve, and support our lives
- Understand how “MIND YOUR MANNERS” is an important part of this month’s theme, “MONDAY GETS HONORABLE”



STUDENT ACTIVITY: **“TABLE RELAY”**

1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: “TABLE RELAY”

2) ASK 1-3 QUESTIONS FROM THE LIST BELOW TO WARM STUDENTS UP ON THE ACTIVITY’S FOCUS:

***NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **Do you and your family get to have meals together?**
 - How often do you eat together?
 - What do you enjoy about having meals with your family?
- **If you don't eat together, what are some reasons why?**
- **What are your feelings on eating together as a family?**
- **What kinds of things do you talk about when you eat with your family?**
- **What kinds of things could you talk about that would help you connect or enjoy each other's company?**
- **Are there some things that get in the way of having a family meal together?**
 - What kinds of things?
 - Which of those things are things you can change, and which are things out of your control?
- **Do you have any responsibilities during meals, like washing dishes or cooking?**
 - How do you feel about these responsibilities?
- **What are some “MANNERS” you might be expected to use when you're eating with others?**
 - How do those rules apply to when you're at a friend's house for dinner instead of your own?
- **What are some “MANNERS” you are expected to have when visiting a restaurant?**
- **Where do you usually sit when you have a meal?**
- **Do you feel like it MATTERS whether you sit down at a “TABLE” and eat with others or not?**
 - Why or why not?
 - What advantages might eating together at a “TABLE” have?
- **Have you ever set a “TABLE” before?**
- **Do you know or remember where each utensil or dish goes?**
- **How might learning to set a “TABLE” help “HONOR” those you are eating with, whether it's family, friends, or neighbors?**
 - How would learning or practicing this skill remind you that YOU MATTER?

3) SET UP THE “TABLE RELAY” ACTIVITY:

- **Explain:**
 - Let's face it, we all have one major thing in common: We've all gotta eat
 - And even though we do it every day, not every meal is going to have the same atmosphere
 - We could have a picnic, a bagged lunch, a restaurant meal, or a sit-down meal alone or with people we love
 - Eating together can be a really great way to connect with others
 - There are a lot of other benefits too, like better grades (really!), healthier food choices (and therefore better overall health), and saving money
 - Sometimes eating together at a “TABLE” is not a possibility due to circumstance or scheduling conflicts
 - But we can do our best to make that happen, and if it's not possible, at least try to have dinner together with as much of our family as we can, as often as we can
 - Because eating together MATTERS
- **Continue:**
 - In a few moments, we'll be doing a “RELAY” in teams to set a “TABLE”
 - If you've never set a “TABLE” before, don't worry, we'll have a template to look at before beginning

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- If you have set a “TABLE” before, or do it regularly, you will be a valuable member to your team to help out where needed
 - Setting a “TABLE” is a good way to practice our “MANNERS” and show others that they MATTER to us
 - **Ask:**
 - How do you think your team will do in our “RELAY”?
 - Are you ready to “MIND YOUR MANNERS” while playing a fun game?

4) START THE “TABLE RELAY” ACTIVITY:

- **Prior to the activity, place one of each item on a tray in no particular order: Placemat or construction paper, plate, bowl, napkin, fork, spoon, and knife (make sure it does not resemble the actual “TABLE” setting)**
- Also set up a (round, if possible) “TABLE” on one end of the room (a gym is ideal for this activity), with one chair around the “TABLE” for each team
- Then, put the trays with the items on it near the “TABLE,” but not on it
- **Put students into groups of 4 and give each team two pieces of blank paper and a marker**
- **Pass out one copy of the “Table Relay” Handout to each adult leader**
- **Explain:**
- In just a moment, we’re going to play a “RELAY” where each team will have to set their “TABLE” perfectly
- Each person will place only one item in a turn
- If you notice an item is in the wrong place, you may use your turn to correct it
- Once your team thinks your “TABLE” is set perfectly, each member must return to the starting line and sit down
- Then a leader will check your “TABLE” and either give you a thumbs up or tell you how many items are still incorrect, though they will not tell you which items are incorrect
- If there are any items misplaced, you don’t have to start over, but you must fix your mistakes
- Teammates may help from the sidelines, but remember, other teams can hear you, too
- And remember to have excellent “MANNERS” during our “RELAY”
- **Ask each team come up with a team name and write it on their two pieces of paper**
- **Then tape one team name paper to a tray and one to the back of a chair so each team has a station**
- **Mark a starting line with masking tape on the opposite end of the room as the “TABLE”**
- **Explain:**
- In a moment, you will get in a line with your team
- The first person in line will run to your team’s tray, picking up only one item from the tray
- The papers on the tray are placemats to place your dishes on
- Then you’ll run to the “TABLE” and find your team’s chair
- Place the item you chose on the “TABLE” where you think it goes
- Then run back to your team
- Teams will take turns doing these steps
- If you see a problem on at your “TABLE” setting, fix it and place the item you grabbed back on the tray
- When your team is finished, run back to the starting line and everyone sit down
- We will check your setting to see if it’s all correct
- If it is, we’ll give you a thumbs up
- If it’s not, we’ll show with our fingers how many errors there are, but not which ones
- If there are errors, you continue to take turns until it’s correct
- Your team may help you from the starting line or while you are in line
- The first team to get their “TABLE” setting placed perfectly wins
- We will keep doing the “RELAY” until everyone’s setting is correct

- Before beginning the “RELAY,” clearly show each team the “Table Relay” Handout for 10 seconds (or 5 seconds for older students, 30 seconds for younger students), so they have an idea of what they’re setting the table like
- Explain that if a team needs a hint and wants to look at the “Table Relay” Handout again, it counts as a turn for whoever is next in line
- Make sure students understand the instructions and ask them to begin
- Have students play the “TABLE RELAY” for up to 10 minutes, or until all teams have set their place at the “TABLE” correctly
- When finished playing the “TABLE RELAY,” give each student a copy of the “STUDENT TABLE SETTING” Handout to use for a future meal with those they love
- Collect the paper plates and plastic utensils to either recycle or reuse at another point

5) AFTER THE ACTIVITY, ASK 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS REFLECT ON WHAT THEY’VE ACCOMPLISHED AND HOW THEY CAN TAKE THIS FORWARD:

***NOTE:** *Choose questions appropriate to your students’ ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- What did you think about our “TABLE RELAY” activity?
- Was it difficult to remember where each item went?
- How did your team show good “MANNERS” toward each other?
- How did your “TABLE” setting look at the end?
 - What are some feelings you have when you see how nice your “TABLE” looks?
- Would you feel confident setting a “TABLE” for a future meal?
 - Why or why not?
- How might you make a “TABLE” setting look fancier?
 - In what settings would that be more appropriate?
- When will you use what you learned today?
 - Who will be at the meal you’ll use it at?
 - In what other ways, besides just setting the “TABLE,” could you “HONOR” those at your meal?
- What about today’s activity helped you recognize that YOU MATTER?
- In what ways did you encourage or help your teammates?
- Why is it important to “MIND YOUR MANNERS” at a meal?
- In what ways could you “HONOR” servers at a restaurant or make their job easier?
- What are some actions that show you “HONOR” someone making you a meal?

6) THANK STUDENTS FOR PARTICIPATING IN THE “TABLE RELAY” TODAY. REMIND THEM THAT EVEN THOUGH IT MIGHT NOT SEEM LIKE IT “MATTERS” WHETHER A “TABLE” IS SET OR NOT, IT IS A GESTURE THAT SHOWS “HONOR” TO THE PERSON WHO MADE THE MEAL AND “HONOR” TO ALL WHO EAT IT. REMIND THEM THAT THEIR “MANNERS,” ESPECIALLY WITH THOSE THEY LOVE, ARE IMPORTANT AND NEEDED.

7) CHALLENGE STUDENTS TO MAKE EATING MEALS TOGETHER WITH THEIR FAMILY A PRIORITY, WHEREVER AND HOWEVER IT IS POSSIBLE. CHALLENGE THEM TO, IF THEY CAN, EAT AT A “TABLE” AND USE THEIR NEW SKILLS IN ORDER TO “HONOR” THEIR FAMILIES.

8) CONTINUE EXPLORING HOW “MINDING YOUR MANNERS” MAKES A REAL IMPACT BY LEADING ONE OR MORE OF THE FOLLOWING EXTENSION IDEAS.



EXTENSION IDEAS:

DO ONE OR MORE OF THESE EXTENSION IDEAS TO BRING THE LESSON FROM 15 MINUTES TO 30 MINUTES OR MORE.

- 1) Etiquette Dinner:** As a closing social activity for the school year, consider having an etiquette dinner where students can come with a loved one. Let them do the “TABLE” settings for that event. Invite someone from your area to teach additional etiquette classes for this event, if possible.
- 2) Placemats:** Allow students to make their own placemats for the activity using either large construction paper or fabric strips they can weave. If they use paper, make sure that the placemats can be laminated before beginning the activity. Have students make some for other members of their family, if possible.
- 3) Creative Table Settings:** Teach students how to do more napkin folds or create name cards for members of their family.
- 4) At-Home Recipes:** Try some simple, inexpensive recipes that students can make for their families at home.
- 5) Volunteer to Set Tables:** Volunteer at a homeless shelter or community meal and offer to do their place settings for those attending.

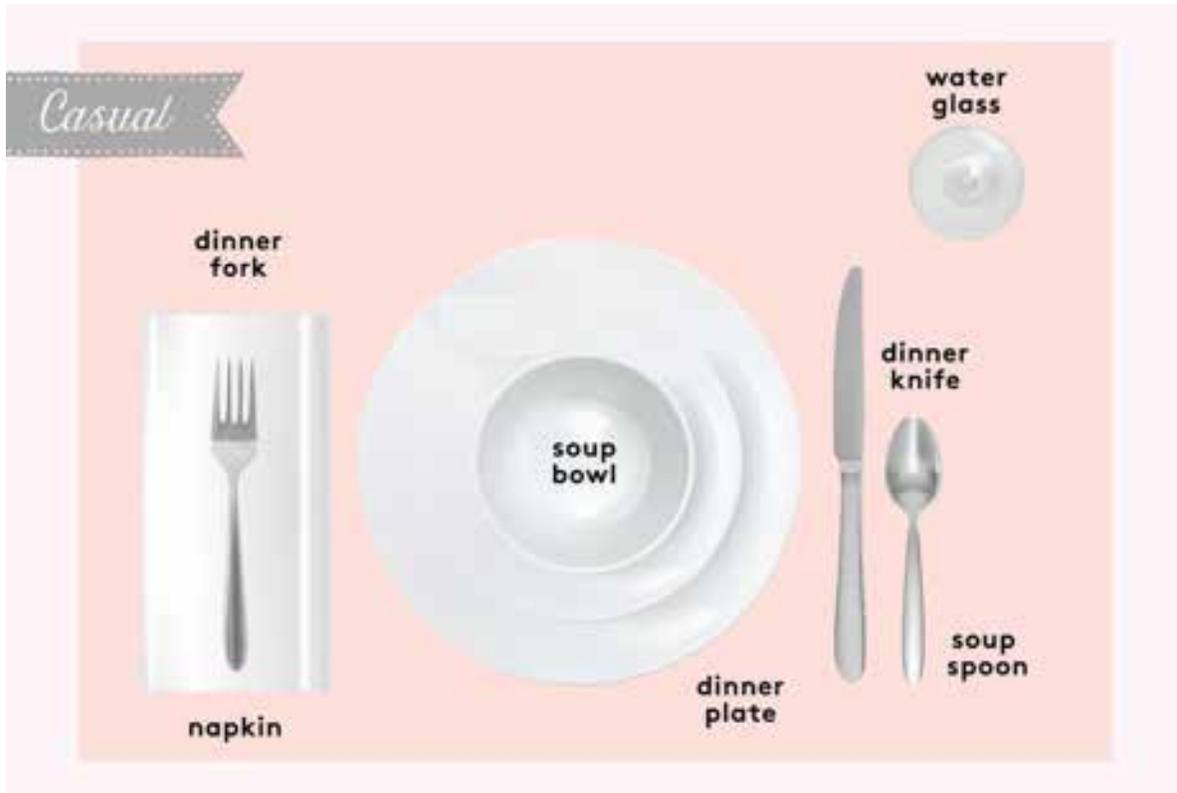
**“EAT TOGETHER AND DO NOT EAT SEPARATELY,
FOR THE BLESSING IS IN BEING TOGETHER.”**
- PROPHET MUHAMMED

TABLE RELAY HANDOUT



Source: www.realsimple.com

STUDENT TABLE SETTING HANDOUT



Source: www.realsimple.com