

Objective

By the end of this lesson, Tempest will learn the basics of proper table manners, including how to sit at the table, use utensils, and show respect to others while eating.

Materials and Prep

- A table and chairs (or a play area that mimics a dining setting)
- Plates and cups (real or toy)
- Utensils (spoons and forks, real or toy)
- Food items (play food or real snacks)
- A timer (optional, for games)

Before the lesson, ensure the dining area is set up in a way that is safe and comfortable for Tempest. Explain the importance of table manners in a fun and engaging way.

Activities

- **Table Setting Game:**

Have Tempest help set the table with plates, cups, and utensils. Explain what each item is used for and why we need them at the table.

- **Role-Playing Meal Time:**

Act out a meal time scenario where Tempest can practice sitting at the table, using utensils, and saying "please" and "thank you." You can pretend to serve food and take turns eating.

- **Table Manners Song:**

Create a simple song about table manners that Tempest can sing. Include actions like sitting up straight, chewing with mouth closed, and passing food nicely.

- **Fun Snack Time:**

End the lesson with a fun snack time where Tempest can practice all the manners learned. Encourage her to use the utensils and to ask for food politely.

Talking Points

- "We sit up straight at the table, just like a tall tree!"
- "Using our utensils helps us eat like big kids!"
- "When we pass food, we say 'please' and 'thank you' to be nice!"
- "Chewing with our mouth closed keeps our food quiet, like a little mouse!"
- "It's fun to eat together and share, just like friends!"