



Name _____

Hour _____

Video Worksheet

Using good manners in every area of your life will pay off in better relationships, school experiences and career opportunities. The place to start is with the basics. The rock climbing team in *The Courtesy Challenge* does just that and climbs as high on the etiquette know-how ladder as they do on the rock wall. They use practical strategies to show respect to others. Respect is the cornerstone of etiquette. Climb along with the team and polish your manners.

Review

Directions: After watching “The Courtesy Challenge”, answer the following questions.

1. What strategy did the rock climbers use to improve their manners?

2. What are the steps in the strategy?

C _____

L _____

I _____

M _____

B _____

3. What is the quickest way to signal that you’re a friendly person?



4. How far away from a person should you stand to give them personal space?
5. What does hygiene have to do with manners?
6. How can your words be rude?
7. If you forget someone's name during an introduction, what should you do?
8. How is a handshake like holding a soda can?
9. Where should you put your napkin?
10. What should you do if you're served a food you don't like?
11. If you don't know how to eat a certain food, what should you do?



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Review

Directions: After watching “The Courtesy Challenge”, answer the following questions.

1. What strategy did the rock climbers use to improve their manners?

Climb

2. What are the steps in the strategy?

C Use common courtesies

L Watch your language

I Make smooth introductions

M Know mealtime manners

B Go beyond the basics

3. What is the quickest way to signal that you’re a friendly person?

Smile whenever you can



4. How far away from a person should you stand to give them personal space?

18 inches

5. What does hygiene have to do with manners?

*People who are clean and put together make a good impression.
However, it is also polite to keep grooming habits private.*

6. How can your words be rude?

*People have a reaction to what you say. Swearing, using slang or gossiping
can create a negative impression.*

7. If you forget someone's name during an introduction, what should you do?

Admit that you can't remember and move on with the introduction.

8. How is a handshake like holding a soda can?

*Hold too tight and you crush. Hold too lightly and you lose contact.
Hold firm for comfort.*

9. Where should you put your napkin?

On your lap.

10. What should you do if you're served a food you don't like?

Taste a few bites of it to be polite.

11. If you don't know how to eat a certain food, what should you do?

Watch the host or other diners for guidance.