

John Robert Powers

School System

CHILDREN'S LIFE

(1 ½ Hours)

AGES 4-7 YRS YEARS

INSTRUCTOR:

DAY:

TIME:

START DATE: _____

OBJECTIVE: Develop social skills and awareness. Teach proper behavior for "day to day" and social settings. Students will have a tutorial dinner at the end of 5 week session.

WEEK 1: ORIENTATION: tells us about yourself, goal setting, self esteem, self confidence, showing respect, introduction to Powers Points

PUBLIC SPEAKING: overcoming shyness, speeches, basic acting exercises, overcoming stage fright

WEEK 2: VISUAL POISE: first impressions, eye contact, walking with grace, posture & poise, sitting, handling doors and stairs

(Note: all young ladies and gentlemen should wear a dress shoe for this class.)

GROOMING: sun care, body care, skincare, complexion, hand care, hair care, tooth care

WEEK 3: NUTRITION: making good choices, healthy eating habits, exercise and sports

VOICE & DICTION: enunciation, pronunciation, volume, pitch, clarity

WEEK 4: KIDS ATTIRE: neat vs. sloppy, clothing do's and don'ts, putting your best foot forward, removal of coats and gloves

ETIQUETTE: formal dining, silverware settings, courtesy, chairs, doors, car doors, telephone and electronic devices

WEEK 5: PROTOCOL: introductions, hand shaking, party etiquette, invitations, guest responsibilities, thank you notes

FINALE: presentations, tutorial dinner, instructor feed back