

Name _____ Date _____

Charm & Poise



A Charming Person:

makes eye contact.
always says “please,” “may I?” and “thank you.”
compliments others without expecting anything in return.
speaks sincerely.
goes about her business pleasantly and lightheartedly.

A charming person is never self-centered; just the opposite, she is selfless. She is always trying to please others. This does not make her a pushover, or a victim for abuse or to be used. The charming person says no when she must, but says it in a way that doesn't hurt feelings.

Charm is never suggestive, just a pleasant appeal to others.

Most of us were not born with charm. But it can be practiced, learned, and perfected.

Practice on your teacher.

Make it a habit to say good morning to your teacher every morning, even if you don't feel up to it. Smile when you say it. When in class, raise your hand whenever you wish to speak instead of blurting out what you wish. Not only would you be exhibiting charm, but also displaying poise, courtesy, and learned lessons from home. Let your teacher know that you are available to wash the chalkboards, retrieve the attendance sheet from the office every morning, and are generally available to be a classroom monitor or a help to her whenever you have free time. Your teacher will say, “How charming!”

Practice on your friends.

Compile an occasional cards list of your friends and send them birthday and holiday cards. Always write a little special note in your own hand when you send a pre-worded card. Invite your friends to dinner every once in a while. Make sure you have your parents' permission, and everyone knows the house will be receiving a dinner guest on that evening. For that extra splash of charm, send your friend the dinner invitation through the mail. Your friend will read it with a surprised smile on her face and say, “How charming!”

Practice on your parents, brothers, and sisters.

Make your morning ritual in the bathroom a reasonable stay. It is not the time to take a twenty-minute bubble bath. If you have mother or father, and siblings all

waiting their turns, know when it is time to leave. Leave the tub clean, as well as the sink. Leave the counters dry, as well as the floor. Leave out of the bathroom properly robed and saying good morning to everyone. In the afternoon, after school, get the wash going while you do your homework. Volunteer one day a week to cook a meal. Never reveal your siblings' secrets to outsiders, thinking that it is cute or funny – it isn't, and they will be embarrassed and angry with you. If anyone comes to you wanting to gossip about any member of your family, don't do it.

The Charm and Poise Quiz

1. How would you handle a grumpy teacher every morning?

2. What would you do if a friend began gossiping about another friend?

3. You ran for class president because you thought you were the best person for the job, but you did not win. What will you say to the winner?

3. You ran for class president because you thought you were the best person for the job, and you won. What will you say to the loser?

4. It is "dress down" day at school. What will you wear?

5. A classmate is always borrowing money from you, but never repays. She has just asked to borrow a dollar for lunch, and promises to pay you back next week. How will you handle this situation?

6. You walked into a restaurant to meet a friend, but she is not due to arrive for another ten minutes. What should you do until she gets there?
