

# INSTRUCTION MANUAL

(Recommended Teaching Approach)

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## MANNERS IN THE REAL WORLD *Basic Social Skills*

Now you've got this cool video, with descriptions and demonstrations and a bit of fun thrown in. But what you really want is to have the behaviors demonstrated in the program (or at least, the *good* examples) leap from the screen and find a happy home in the heart and mind of the person you bought it for. (Unless you bought it for yourself, which really, *really* impresses us.)


O.K., how do you train those behaviors to stay with the viewers like a faithful puppy?

We recommend lots of repetition – and plenty of it.

That is, we recommend you follow these steps.

1. Watch the video. It's about 43 minutes long. If you bought the video for someone, watch it with him or her. It's divided into segments, so you don't have to watch it all at once. You can stop and have a sandwich. Or watch it over a couple of days.
2. Talk about why manners are important. (Or, if you're flying solo here, *think* about why manners are important.) We list several reasons in the video.
3. Pick a segment to work on. Watch the segment, then practice the behaviors. Watch and practice that segment once a day for several days until the behaviors become second nature.
4. Once the segment's behaviors are mastered, spend several days on another segment, then another until you've worked your way through the video.
5. If you're going into a situation that calls for some of the social skills covered in the video, watch the segment (or segments) that cover those skills and practice them just before you leave as a "refresher course." For example, if you're going to dinner at a restaurant, you can watch and practice the "Table Manners" segment.
6. Understand that no one is perfect and that praising positive results is a great way to generate more positive results. Too often our manners training involves being criticized for doing something wrong. This video is like driver's education for social skills. It makes it easy to practice social skills so you can use them correctly in the real world.
7. Bask in the glory of following through on a plan that works.

All the best,



Dan and Julie Coulter  
Coulter Video