



# COURTESY



**February 2018**

Complete the 2 Required COURTESY activities with your Family and/or your Friends to receive credit toward the 2018 "I AM AWESOME" Award. If you complete more than 2 COURTESY activities, there will be bonus points added to your total score. Each worthy activity completed will be worth an additional 5 points.

Must be completed and turned into the Omega office by the end of February.

## 2 REQUIRED ACTIVITIES:

1. Have a family meeting and talk about what COURTESY means and discuss ways that to show COURTESY throughout the day. Explain how the meeting went and what ideas were discussed:

---

---

---

---

---

---

---

2. Do ALL of the following acts of COURTESY at least once throughout the month. Check the box once you have completed it. (Please note - You can do these more than once; it is always nice to make it a habit to do nice things)

- ☐ Hold the door open for someone.
- ☐ Give up your seat so someone else can sit down.
- ☐ Be on time to a meeting or your classes.
- ☐ Say "Excuse Me", "Please", "Thank You", & "You're Welcome".
- ☐ Make eye contact with someone and offer a smile.
- ☐ Write a "Thank You" note to someone.
- ☐ Give a compliment to someone.
- ☐ Answer an adult (outside of the studio) with a "Sir" or "Ma'am".
- ☐ Sit by someone new at lunch and get to know them.
- ☐ Let someone go in front of you in line; or, if you drive, in traffic.

**Bonus:** Complete additional projects or activities that demonstrate COURTESY. Additional activities or projects must be worthwhile, must involve other people, and must revolved around the COURTESY theme. **(5 Points Each)**  
Explain what you chose to do and what you learned:

---

---

---

---

---

---

---

NAME OF OMEGA STUDENT

PARENT SIGNATURE  
Or STUDENT SIGNATURE (if over 18 years)