

THE FIXES MANNERS MIXTAPE

PRINTABLES PACKET

This packet includes the actual tools named in the guide.

Print only what you need. Use these for quick reminders, centers, hallway cues, family carryover, or small-group practice.

01 12 FULL-PAGE TRACK CARDS
one per social skill track

02 12 MINI POSTERS
one phrase poster per track

03 12 REFLECTION SLIPS
student exit/reflection prompts

04 12 CARRYOVER PROMPT CARDS
school, home, sports, and community practice

05 FAMILY LETTER
send-home language for families

06 TIPS FOR SUCCESS
quick teacher reference

THE FIXES MANNERS MIXTAPE

TRACK 01 - GREETING

FIX PHRASE

Look up. Say hello. Use their name.

A-SIDE: TEACH / MODEL

- Show a weak greeting vs. a strong greeting.
- Model eye contact, voice, and body posture.
- Practice greeting a partner in 10 seconds.

B-SIDE: USE / CARRYOVER

- Use it at morning entry.
- Use it when greeting adults.
- Use it before partner work.
- Use it at sports or clubs.

PRACTICE REP

Students stand, pair up, greet, switch, and repeat.

REFLECTION

Did my greeting feel clear, respectful, and friendly?

CARRYOVER QUICK CUE

Ask: Where could you use this track today - school, home, sports, or community?

THE FIXES MANNERS MIXTAPE

TRACK 02 - LISTENING POSTURE

FIX PHRASE

Eyes forward. Body still. Brain ready.

A-SIDE: TEACH / MODEL

- Model distracted listening vs. ready listening.
- Name the body clues that show attention.
- Practice a 10-second listening freeze.

B-SIDE: USE / CARRYOVER

- Use it during instructions.
- Use it when a peer is speaking.
- Use it during assemblies.
- Use it at home during conversations.

PRACTICE REP

Call a quick listening cue. Students reset posture, hold it, and release.

REFLECTION

What did my body show while someone else was talking?

CARRYOVER QUICK CUE

Ask: Where could you use this track today - school, home, sports, or community?

THE FIXES MANNERS MIXTAPE

TRACK 03 - TAKING TURNS

FIX PHRASE

Wait. Watch. Join when it is your turn.

A-SIDE: TEACH / MODEL

- Model interrupting vs. waiting.
- Show what a ready turn looks like.
- Practice passing a turn around a circle.

B-SIDE: USE / CARRYOVER

- Use it in partner talk.
- Use it in games.
- Use it at home with siblings.
- Use it in sports and clubs.

PRACTICE REP

Students pass a simple object and speak only when they hold it.

REFLECTION

Did I help the group by waiting for my turn?

CARRYOVER QUICK CUE

Ask: Where could you use this track today - school, home, sports, or community?

THE FIXES MANNERS MIXTAPE

TRACK 04 - WAITING WELL

FIX PHRASE

Quiet hands. Patient brain. Ready body.

A-SIDE: TEACH / MODEL

- Model restless waiting vs. calm waiting.
- Show what hands, feet, and voice do.
- Practice a short wait with a clear signal.

B-SIDE: USE / CARRYOVER

- Use it in line.
- Use it during transitions.
- Use it at appointments.
- Use it on the bench or sidelines.

PRACTICE REP

Students wait for a cue, then move only when the signal is given.

REFLECTION

What helped me wait without making the moment harder?

CARRYOVER QUICK CUE

Ask: Where could you use this track today - school, home, sports, or community?

THE FIXES MANNERS MIXTAPE

TRACK 05 - FOLLOWING THROUGH

FIX PHRASE

Hear it. Do it. Finish the job.

A-SIDE: TEACH / MODEL

- Model starting and stopping too early.
- Break a direction into clear steps.
- Practice finishing a small task completely.

B-SIDE: USE / CARRYOVER

- Use it during cleanup.
- Use it during centers.
- Use it with chores at home.
- Use it in practice or rehearsal.

PRACTICE REP

Give a three-step task. Students repeat it, do it, and show completion.

REFLECTION

Did I finish the direction or just start it?

CARRYOVER QUICK CUE

Ask: Where could you use this track today - school, home, sports, or community?

THE FIXES MANNERS MIXTAPE

TRACK 06 - HELPING OUT

FIX PHRASE

Notice. Ask. Help without taking over.

A-SIDE: TEACH / MODEL

- Model ignoring a need vs. offering help.
- Show the difference between helping and bossing.
- Practice one helpful sentence.

B-SIDE: USE / CARRYOVER

- Use it with classmates.
- Use it at home with family.
- Use it during group work.
- Use it in community spaces.

PRACTICE REP

Students spot a classroom need and practice a helpful response.

REFLECTION

Did my help make the moment easier for someone else?

CARRYOVER QUICK CUE

Ask: Where could you use this track today - school, home, sports, or community?

THE FIXES MANNERS MIXTAPE

TRACK 07 - USING KIND WORDS

FIX PHRASE

Say it clearly. Say it kindly. Mean what you say.

A-SIDE: TEACH / MODEL

- Model rude words vs. kind words.
- Show how tone changes the message.
- Practice rephrasing common rough responses.

B-SIDE: USE / CARRYOVER

- Use it during group work.
- Use it at home with family.
- Use it when frustrated.
- Use it in sports and community settings.

PRACTICE REP

Give students short scenarios and let them turn rough words into respectful ones.

REFLECTION

Did my words help the moment or make it harder?

CARRYOVER QUICK CUE

Ask: Where could you use this track today - school, home, sports, or community?

THE FIXES MANNERS MIXTAPE

TRACK 08 - RESPECTFUL TONE

FIX PHRASE

Same message. Better tone.

A-SIDE: TEACH / MODEL

- Model the same words with different tones.
- Name the tone that makes repair easier.
- Practice saying a sentence three cleaner ways.

B-SIDE: USE / CARRYOVER

- Use it with adults.
- Use it with teammates.
- Use it during conflict.
- Use it when asking for help.

PRACTICE REP

Students repeat a simple line with calm tone, sharp tone, then respectful tone.

REFLECTION

Did my tone match the respect I wanted to show?

CARRYOVER QUICK CUE

Ask: Where could you use this track today - school, home, sports, or community?

THE FIXES MANNERS MIXTAPE

TRACK 09 - SPORTSMANSHIP

FIX PHRASE

Play hard. Stay kind. Respect the game.

A-SIDE: TEACH / MODEL

- Model winning and losing poorly.
- Show how to respond after a mistake.
- Practice one teammate encouragement line.

B-SIDE: USE / CARRYOVER

- Use it in PE.
- Use it on teams.
- Use it during recess games.
- Use it when the call does not go your way.

PRACTICE REP

Students practice a quick win, loss, and mistake response.

REFLECTION

Did I make the game better for others?

CARRYOVER QUICK CUE

Ask: Where could you use this track today - school, home, sports, or community?

THE FIXES MANNERS MIXTAPE

TRACK 10 - COMMUNITY MANNERS

FIX PHRASE

Read the room. Respect the space.

A-SIDE: TEACH / MODEL

- Model hallway, store, and event behavior.
- Name what changes in shared spaces.
- Practice one public-space routine.

B-SIDE: USE / CARRYOVER

- Use it on trips.
- Use it in assemblies.
- Use it in stores or restaurants.
- Use it in parks or arenas.

PRACTICE REP

Students sort behaviors into classroom, hallway, and community expectations.

REFLECTION

Did my behavior fit the space I was in?

CARRYOVER QUICK CUE

Ask: Where could you use this track today - school, home, sports, or community?

THE FIXES MANNERS MIXTAPE

TRACK 11 - DIGITAL MANNERS

FIX PHRASE

Pause before you post, send, or tap.

A-SIDE: TEACH / MODEL

- Model careless clicking vs. thoughtful choices.
- Discuss tone in messages.
- Practice a pause-and-check routine.

B-SIDE: USE / CARRYOVER

- Use it on devices.
- Use it in online class spaces.
- Use it in group chats.
- Use it with games and apps.

PRACTICE REP

Students review short digital scenarios and choose the respectful response.

REFLECTION

Would I say or show this the same way in person?

CARRYOVER QUICK CUE

Ask: Where could you use this track today - school, home, sports, or community?

THE FIXES MANNERS MIXTAPE

TRACK 12 - EVERYDAY RESPECT

FIX PHRASE

Small choices. Strong habits.

A-SIDE: TEACH / MODEL

- Review the tracks already practiced.
- Model one respectful repair.
- Practice choosing the right phrase for the moment.

B-SIDE: USE / CARRYOVER

- Use it all day.
- Use it at home.
- Use it in sports.
- Use it in community settings.

PRACTICE REP

Students pick a real-life moment and name the track that fits it.

REFLECTION

Which track do I need most today?

CARRYOVER QUICK CUE

Ask: Where could you use this track today - school, home, sports, or community?

GREETING

**Look up. Say hello. Use
their name.**

USE IT TODAY

School • Home • Sports • Community

LISTENING POSTURE

**Eyes forward. Body still.
Brain ready.**

USE IT TODAY

School • Home • Sports • Community

TAKING TURNS

**Wait. Watch. Join when it
is your turn.**

USE IT TODAY

School • Home • Sports • Community

WAITING WELL

**Quiet hands. Patient
brain. Ready body.**

USE IT TODAY

School • Home • Sports • Community

FOLLOWING THROUGH

**Hear it. Do it. Finish the
job.**

USE IT TODAY

School • Home • Sports • Community

HELPING OUT

**Notice. Ask. Help without
taking over.**

USE IT TODAY

School • Home • Sports • Community

USING KIND WORDS

**Say it clearly. Say it
kindly. Mean what you
say.**

USE IT TODAY

School • Home • Sports • Community

RESPECTFUL TONE

**Same message. Better
tone.**

USE IT TODAY

School • Home • Sports • Community

SPORTSMANSHIP

**Play hard. Stay kind.
Respect the game.**

USE IT TODAY

School • Home • Sports • Community

COMMUNITY MANNERS

**Read the room. Respect
the space.**

USE IT TODAY

School • Home • Sports • Community

DIGITAL MANNERS

**Pause before you post,
send, or tap.**

USE IT TODAY

School • Home • Sports • Community

EVERYDAY RESPECT

**Small choices. Strong
habits.**

USE IT TODAY

School • Home • Sports • Community

THE FIXES MANNERS MIXTAPE

REFLECTION SLIPS 01-04

TRACK 01: GREETING

Reflection:

Did my greeting feel clear, respectful, and friendly?

TRACK 02: LISTENING POSTURE

Reflection:

What did my body show while someone else was talking?

TRACK 03: TAKING TURNS

Reflection:

Did I help the group by waiting for my turn?

TRACK 04: WAITING WELL

Reflection:

What helped me wait without making the moment harder?

THE FIXES MANNERS MIXTAPE

REFLECTION SLIPS 05-08

TRACK 05: FOLLOWING THROUGH

Reflection:

Did I finish the direction or just start it?

TRACK 06: HELPING OUT

Reflection:

Did my help make the moment easier for someone else?

TRACK 07: USING KIND WORDS

Reflection:

Did my words help the moment or make it harder?

TRACK 08: RESPECTFUL TONE

Reflection:

Did my tone match the respect I wanted to show?

THE FIXES MANNERS MIXTAPE

REFLECTION SLIPS 09-12

TRACK 09: SPORTSMANSHIP

Reflection:

Did I make the game better for others?

TRACK 10: COMMUNITY MANNERS

Reflection:

Did my behavior fit the space I was in?

TRACK 11: DIGITAL MANNERS

Reflection:

Would I say or show this the same way in person?

TRACK 12: EVERYDAY RESPECT

Reflection:

Which track do I need most today?

THE FIXES MANNERS MIXTAPE

CARRYOVER PROMPTS 01-04

TRACK 01: GREETING

Use this phrase:

Look up. Say hello. Use their name.

Ask at home:

Where did you use this track today, and where could you use it tomorrow?

TRACK 02: LISTENING POSTURE

Use this phrase:

Eyes forward. Body still. Brain ready.

Ask at home:

Where did you use this track today, and where could you use it tomorrow?

TRACK 03: TAKING TURNS

Use this phrase:

Wait. Watch. Join when it is your turn.

Ask at home:

Where did you use this track today, and where could you use it tomorrow?

TRACK 04: WAITING WELL

Use this phrase:

Quiet hands. Patient brain. Ready body.

Ask at home:

Where did you use this track today, and where could you use it tomorrow?

THE FIXES MANNERS MIXTAPE

CARRYOVER PROMPTS 05-08

TRACK 05: FOLLOWING THROUGH

Use this phrase:

Hear it. Do it. Finish the job.

Ask at home:

Where did you use this track today, and where could you use it tomorrow?

TRACK 06: HELPING OUT

Use this phrase:

Notice. Ask. Help without taking over.

Ask at home:

Where did you use this track today, and where could you use it tomorrow?

TRACK 07: USING KIND WORDS

Use this phrase:

Say it clearly. Say it kindly. Mean what you say.

Ask at home:

Where did you use this track today, and where could you use it tomorrow?

TRACK 08: RESPECTFUL TONE

Use this phrase:

Same message. Better tone.

Ask at home:

Where did you use this track today, and where could you use it tomorrow?

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CARRYOVER PROMPTS 09-12

TRACK 09: SPORTSMANSHIP

Use this phrase:

Play hard. Stay kind. Respect the game.

Ask at home:

Where did you use this track today, and where could you use it tomorrow?

TRACK 10: COMMUNITY MANNERS

Use this phrase:

Read the room. Respect the space.

Ask at home:

Where did you use this track today, and where could you use it tomorrow?

TRACK 11: DIGITAL MANNERS

Use this phrase:

Pause before you post, send, or tap.

Ask at home:

Where did you use this track today, and where could you use it tomorrow?

TRACK 12: EVERYDAY RESPECT

Use this phrase:

Small choices. Strong habits.

Ask at home:

Where did you use this track today, and where could you use it tomorrow?

THE FIXES MANNERS MIXTAPE

FAMILY LETTER

We're learning social skills the same way - together.

Our class is using The Fixes Manners Mixtape to build strong social skills through

How you can help:

- Ask which track your child practiced today.
- Use the same phrase at home.
- Notice and name the skill when you see it.
- Celebrate small improvements and consistent effort.

Together, we fix the system - not the kids.

THE FIXES MANNERS MIXTAPE

TIPS FOR SUCCESS

01 Teach one track at a time.

02 Practice it right away.

03 Use the same phrase across settings.

04 Come back to tracks when the tone slips.

05 Keep the rep short. One minute of practice beats ten minutes of lecture.

06 When students miss it, reset and run the phrase again.