

Be quiet  
and stay  
in my  
seat

Don't bother my  
parents or  
other people

Listen to the  
sacrament  
prayers and  
say "amen"  
at the end

Put away books,  
pencils, and  
other things  
during the  
sacrament

Think about  
Jesus by  
stories or  
songs that I  
know.

Make a  
covenant by  
using my right  
hand to take  
the bread and  
water

Put the  
sacrament  
cups back with  
out playing  
with them

Take the piece  
of bread or  
water nearest  
to me

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seat

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