

# ≡ How We Show Up for Meals ≡

WE ALWAYS WASH OUR HANDS BEFORE EATING

WE DO NOT BRING TOYS TO THE TABLE

WE SIT UP IN OUR SEATS WITH CHAIRS PUSHED IN & LEGS UNDER THE TABLE

WE PLACE NAPKINS IN OUR LAPS AND USE THEM TO KEEP OUR HANDS & FACES CLEAN

WE KEEP OUR HANDS TO OURSELVES

WE DO NOT PLAY WITH OUR FOOD OR SILVERWARE

WE TALK WITH INSIDE VOICES & WE DO NOT INTERRUPT

WE TRY A BITE OF EVERYTHING BUT WE DO NOT HAVE TO FINISH ANYTHING

WE KEEP EACH OTHER COMPANY AND ASK ABOUT EACH OTHER'S

DAYS, DREAMS & HEARTS

WE ALWAYS ASK TO BE EXCUSED FROM THE TABLE AND WE HELP CLEAN UP