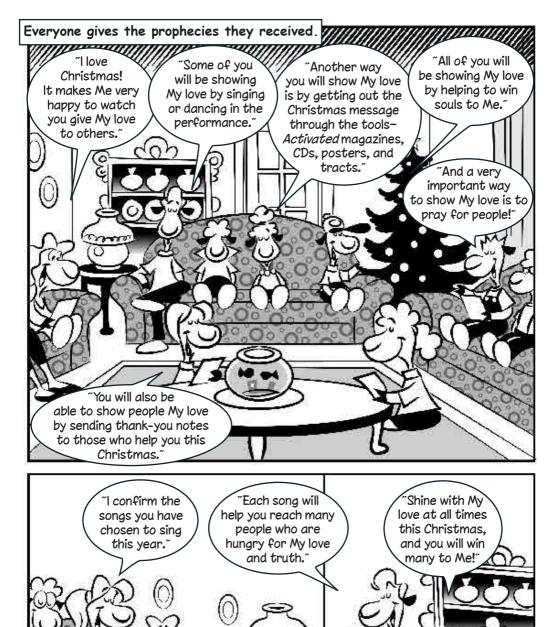




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messages from



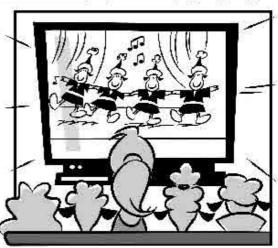




If we pick our nose or scratch and fidget, it distracts from giving a powerful witness.



Remember when we watched that Russian dance troupe perform? Wouldn't it look odd if one of the dancers picked their nose while performing?







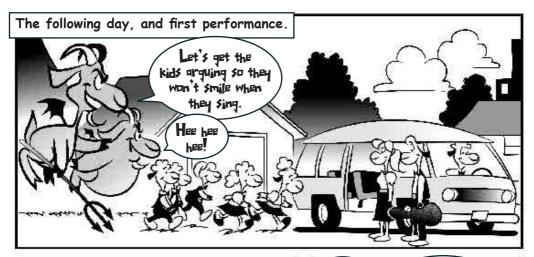






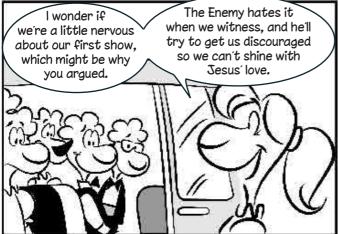








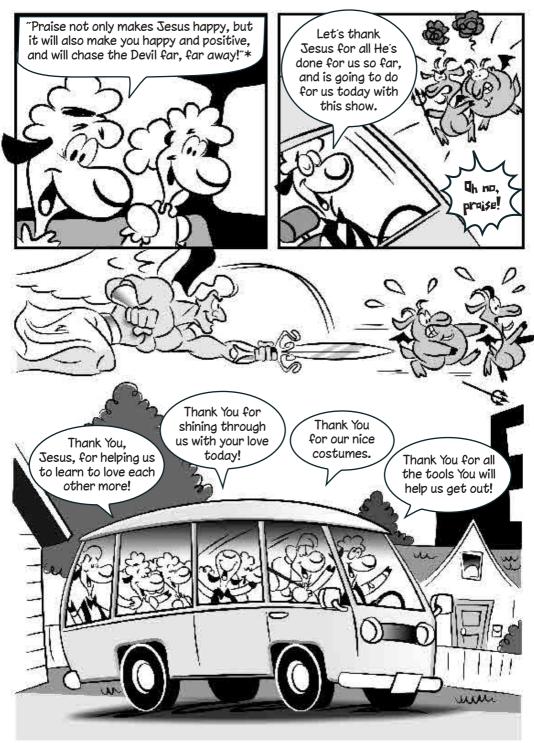




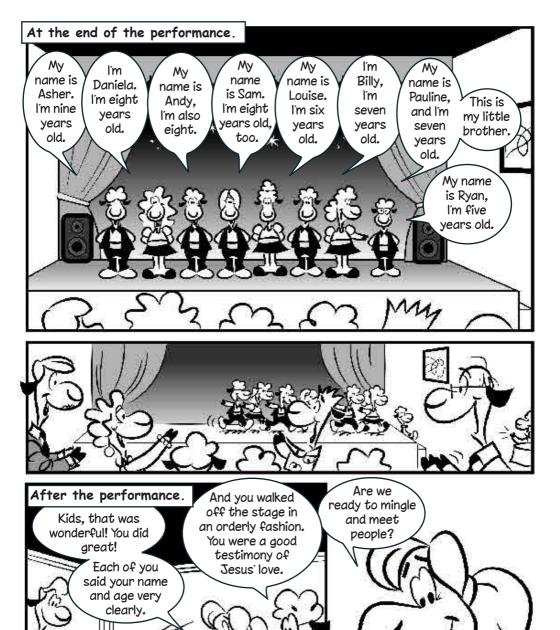


We need to

chase the Devil

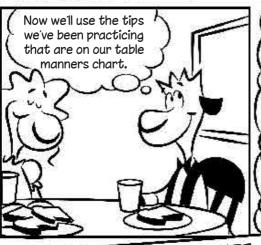












Having good table manners is part of showing love to others.

Important things to remember are:



- Sit nicely in your chair.
- Don't lean on your elbows.
- Prefer the other children and your elders, and don't choose the biggest piece of a yummy snack.
- Don't grumble or make faces when you are served something you don't care for so much. Take a little and try it.
- Chew with your mouth closed.
- Don't talk with food in your mouth. If you are asked a question, finish chewing and swallow your food, then answer.
- Don't interrupt each other when talking, but talk
- Wait for food to be passed to you, or ask for it, but don't reach over another for food.
- Be sure to say "please," "thank you," and "you're welcome."

You might want to put up a manners chart in your dining room. It was a big help to us!



