



The Sacrament Helps Me Think about Jesus Christ

Game 1: Find the Jesus Picture

Children move around; when leader says "Remember Jesus," they stop and point/go to a picture of Jesus. Then practice sitting quietly for just a few seconds looking at it.

Game 2: Remember Jesus Freeze

Move, march, wiggle. Hold up Jesus' picture. Everyone freezes, settles and looks toward Him. Repeat several times. We're practicing the actual transition children need during sacrament: busy body → remember → quiet attention.

Game 3: Where Should My Eyes Go?

Place several ordinary pictures around the room. Children walk around. Say, "It's time to remember Jesus." They locate His picture and gently move toward it.

Game 4: Quiet Countdown

Start with movement. "Can we remember Jesus quietly for THREE seconds?" Sit and look at His picture. Then five. Maybe eight.