

## JUST SIT QUIETLY

I love to make a noise when I'm running around Eagle Heights Wood. Darting through the trees, jumping through bushes, chasing my friends.

It's easy to make noise, but there are times when we have to be super quiet. Maybe it's at church or maybe it's at the doctor's office, there are lots of times that we simply have to be quiet. So, this next challenge we are going to practice is this super important skill.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Sit quietly at three events. One of them without a quiet activity.

LEVEL B

PERIOD 3

TASK 2

1. For the first exercise, you're going to sit next to a parent at home, while they read or work on the computer. You have to be totally quiet, no moving around and wriggling, no talking. If you need their attention lay your hand on their leg or shoulder. If appropriate, they will help you. They may also shake their head that now is not a good time. And remember, you only do this if you really, really need something. And also, bathroom breaks should be done before or after the event.

2. Next exercise is to go to church or other longer event and sit quietly the same way. Perhaps your parents will let you have a quiet activity with you.

