

Every Phrase, One Page

For staff. Same words, every meal, from everyone.

SITTING

“Feet on the floor.”

“Face the table.”

“Sit still.”

“Chair is for sitting.”

UTENSILS

“Pick up your fork.”

“Good spoon use.”

“Fork goes in the food.”

EATING NEATLY

“Small bite.”

“Keep food on your plate.”

“Chew nicely.”

“Take your time.”

“Just a little.”

“Close your mouth.”

“Slow and calm.”

CLEANING UP

“Use your napkin.”

“Clean the table.”

“Wipe your mouth.”

“All done — clean up.”

POLITE BEHAVIOUR

“Quiet voice.”

“Good manners.”

“Nice waiting.”

Short. Consistent. Repeated daily.

Do not explain more than this. The repetition is what teaches it.

