



“I really enjoy playing, and sometimes I don’t want to stop.”



“But when it’s mealtime, it’s important for me to take a break from my game.”



“Mealtime is when my family eats together and my body gets the fuel it needs.”



“Switching from playing to eating is called a transition.”



“I might get a reminder before it’s time to stop playing.”



“A reminder helps me get ready to pause my game.”



“I can finish what I’m doing and save or pause my game.”



“Sometimes I might feel annoyed or disappointed.”



“It’s okay to feel that way. I can take a deep breath to stay calm.”



“I can remind myself, ‘It’s mealtime now. My game will still be here later.’”



“I can walk to the table when I hear it’s time to eat.”



“I can sit in my seat and get ready to eat with my family.”



“Eating helps my body grow strong and gives me energy to play later.”



“When I join mealtime on time, my family feels proud.”



“After mealtime, I can go back to my game if it’s allowed.”



“I can stop a game and join mealtime with calmness and confidence.”



Vocabulary

- Mealtime

A: The time when I sit and eat food. (Correct)

B: The time when I play games.

- Fuel

A: Energy my body gets from food. (Correct)

B: Something only cars need.

- Pause

A: To stop for a short time. (Correct)

B: To finish the whole activity forever.

- Reminder

A: A signal that helps me get ready for a change.
(Correct)

B: A surprise noise meant to confuse me.

- Calm

A: Feeling steady, relaxed, and in control. (Correct)

B: Feeling wild and frustrated.



Spellings

A: Gaem

B: Game (Correct)

A: Eet

B: Eat (Correct)

A: Food (Correct)

B: Fud

A: Tyme

B: Time (Correct)

A: Join (Correct)

B: Joyn



Comprehension

- Why do I need to stop my game during mealtime?

A: To eat and give my body energy. (Correct)

B: To make my game disappear.

- What helps me get ready to stop playing?

A: A reminder. (Correct)

B: Ignoring everyone.

- What can I do if I feel disappointed about stopping the game?

A: Take a deep breath to stay calm. (Correct)

B: Get upset and refuse to move.

- What should I do when I hear it's time to eat?

A: Walk to the table and sit down. (Correct)

B: Keep playing and pretend I didn't hear.

- What can I do after mealtime?

A: Go back to my game if it's allowed. (Correct)

B: Never play again.



Open-Ended Questions

- What game is hardest for you to pause during mealtime?

- How do you feel when someone reminds you about eating?

- What helps you stay calm when it's time to stop playing?

- What do you enjoy about mealtime with your family?



Role-Play Activity

- **Scenario 1**

You are playing and hear, “It’s mealtime!” → Practice pausing your game and walking to the table.

- **Scenario 2**

You feel annoyed about stopping. → Practice taking a deep breath and saying, “My game will be here later.”

- **Scenario 3**

You sit at the table but still think about your game. → Practice focusing on the food and your family.

- **Scenario 4**

Mealtime is over. → Practice asking, “Can I go back to my game now?”