

When using this social story, it may work best to customize it to your child to better help prepare them. There are italicized portions in the story for inserting pictures as well as editing the text to best fit your needs. Feel free to edit other portions as needed too! You may want the following photos on hand to insert into the story:

1. Image of either your child's First Holy Communion invitations or their learning materials/Bible
2. Your child's First Holy Communion outfit
3. Image(s) of family members/friends who are planning to attend
4. Your child's banner if he/she made one; otherwise, an image of your parish or priest
5. Image of Jesus
6. Image of the Eucharist (Precious Body and Blood)
7. Image of your child's (or reference photo) of posture when receiving the Precious Body and, if receiving, the Precious Blood
8. Image of your child (or reference photo) of kneeling (or sitting if unable to kneel) reverently in the pew
9. Image of your camera/phone for taking photos
10. Image of the party decorations/cake
11. Image of you as the parent(s)

My First Holy Communion Social Story

{insert image of First Holy Communion invitation or your learning materials/Bible}

My First Holy Communion will be on *(insert date)*. It will be one of the most wonderful days of my life because I am going to receive Jesus in the Eucharist for the first time! Jesus is so excited for me to receive him in this sacrament!

I *(have done/am doing)* lots of work to get ready to receive Jesus in the Eucharist. I *(have learned/am learning)* about Jesus and how he is present, body, blood, soul and divinity in the Eucharist. I *(have gone/will go)* to the sacrament of Reconciliation, or confession, before my First Holy Communion to help get my soul ready to receive Jesus.

{insert image of First Holy Communion outfit}

Because my First Holy Communion is so special, I am going to wear a nice outfit to mass. *(Girl)* I will wear a white dress and a special *(bow/headband/veil)* in my hair. *(Boy)* I will wear *(a shirt that has buttons and a collar, suit jacket, dress pants, a tie, and an armband)*. I will wear fancy shoes too. I am dressing up to show Jesus how excited I am too!

{insert image(s) of family/friends coming to the First Holy Communion}

My First Communion mass will be in the *(morning/evening)*. When we go to the mass, extra people I know may come too such as (grandparents, aunts or uncles, cousins, and friends). They are all coming to mass because they want to be there for my special day.

{insert image of your banner or parish or priest}

At mass, I may have to sit somewhere different than I usually sit. I may have to sit close to the altar and near to other children receiving Jesus in the Eucharist. If I have decorated a banner, I can bring that to mass to hang on the end of the pew where I sit. The mass may be more crowded than usual since many people are coming to see all the children who are making their First Holy Communion. At mass, during the homily, the priest may talk to me and other children receiving Jesus in the Eucharist.

{insert image of Jesus or Eucharist}

When it is time to receive Jesus at communion, I might be a little nervous, but I can remember that Jesus is so happy for me to be receiving him today! I will have practiced what to do and the priest can help me if I forget something. I and the other children making their First Holy Communion will get to receive communion first before the other people at mass.

*{insert an image of your child practicing how they will receive the Body of Christ (or reference photo). *Edit below for how your child will receive}*

(For receiving in the hand): When it is my turn for communion, I will go up reverently *(with hands folded together)*. Before reaching the priest, I will stop and make a little bow to show Jesus how much I love and honor him. Then I will take a few more steps forward to reach the priest. I will put my left hand palm up on top of my right hand palm up to make a special cradle for Jesus in the Eucharist. When the priest says, "The Body of Christ," I will respond "Amen." He will put the host in my left hand. I will take my right hand, pick up the host, and put it in my mouth. Then, I will move to the side, make the Sign of the Cross, and go reverently back to my pew. I should eat all the host right away.

(For receiving on the tongue): When it is my turn for communion, I will go up reverently *(with hands folded together)*. Before reaching the priest, I will stop and make a little bow to show Jesus how much I love and honor him. Then I will take a few more steps forward to reach the priest. When the priest says, "The Body of Christ," I will respond "Amen." I will open wide my mouth and put out my tongue a little bit so the priest can place the host on my tongue. Then, I will move to the side, make the Sign of the Cross, and go reverently back to my pew. I should eat all the host right away.

(For receiving at a communion rail): When it is my turn for communion, I will kneel at the communion rail and fold my hands together. When the priest comes to me, he will say, "The Body of Christ." I will respond, "Amen." I will open my mouth and put out my tongue a little bit so the priest can place the host on my tongue. Then, I will make the Sign of the Cross, stand up, and go reverently back to my pew. I should eat all the host right away.

{If receiving the Precious Blood, insert an image of your child practicing how they will receive the Precious Blood or a reference photo}

(For receiving the Precious Blood): When it is my turn, I will make a little bow before going up to the priest/eucharistic minister to show Jesus how much I love and honor him. The priest or eucharistic minister will say, "The Blood of Christ," and I will respond, "Amen." When he/she hands me the cup, I will drink a very small sip of Jesus's blood and then hand the cup back. Then, I will move to the side, make the Sign of the Cross, and go reverently back to my pew.

{insert image of your child kneeling (or sitting) reverently in the pew}

When I get back to my pew, I will kneel (or sit) reverently and tell Jesus quietly a "thank you" prayer. I can quietly say, "Thank you Jesus for the gift of the Eucharist."

{insert image of a camera}

When mass is over, my family will want to take some pictures of me. There may be pictures inside the church or outside. My family and friends may want to be in the picture with me. We take pictures because we want to remember how special the day is!

{insert image of cake or party decorations}

Afterwards, we will have a celebration. We will have a party where we eat special food and have a treat such as cake to celebrate my first Holy Communion. There might be extra people over and they may bring me gifts because they want to celebrate with me.

{insert image of Mom and/or Dad}

There may be times on my First Holy Communion Day where I feel I need a break or extra help because it is such an exciting and different day! That is ok and I can ask my mom or dad for these breaks or help when I need it. I can always talk to my mom or dad if I am nervous or worried too.

{insert image of Jesus, the Eucharist, or your parish depending on what you have used already}

My First Holy Communion is very special! After receiving Jesus in the Eucharist for the first time, every time after that when I go to mass, I can receive Jesus again! "Thank you, God, for my First Holy Communion!"