Objective: I can talk about why bread and wine are used in Holy Communion

 I can explain why Holy Communion is important to Christians

Watch the video below, which shows how some children prepare for their first Communion

[BBC Two - My Life, My Religion, Christianity, Holy Communion](https://www.bbc.co.uk/programmes/p02mwwm9)

Look at the powerpoint presentation which explains it further and discuss with a member of your family.

Next create your own special poem using the sheet provided.