SITFAST

Meaning: SITFAST (verb): to remain seated in a fixed position without moving, often in obedience or discipline.

1. The dog was trained to sit fast and remain in place until commanded otherwise.
2. During the meditation session, she found it challenging to sit fast and calm her racing thoughts.
3. The instructor encouraged the students to sit fast, emphasizing the importance of focus and discipline.
4. In the game, players must sit fast to avoid being eliminated in the next round.
5. The child was told to sit fast while waiting for his turn at the amusement park.
6. The dog was trained to sit fast and stay in position until called.
7. During the meditation session, we were encouraged to sit fast and focus on our breathing.
8. The teacher instructed the students to sit fast and listen carefully to the instructions.
9. To improve his posture, he reminded himself to sit fast in his chair while working.
10. At the park, the children learned to sit fast and observe the birds without disturbing them.

Source: sentences.whatistheurl.com

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