

# Dharmakaya Family Group

## Schedule

3:00 Families start arriving, shrine is set up, preparatory cleaning if needed, chairs are set out



3:30 Introduction (~30 minutes)

- Welcome and share names
- Introduce Theme for the day
- Group Activity (10 minutes)



Focusing mindfulness with ringing bell 1-3 times

- Story Reading on day's Theme (5-15 minutes)

4:00 Volunteers for Childrens' group selected, Adult and Childrens' groups split up

### **Children**

- Circle up to discuss theme through reading, dialogue, game, and/or hands-on activity at the table (~20 minutes)
- Recap, share, or read story (5-10 minutes)
- Free play outside or group games in main room (~20 minutes)

### **Adults**

- Reading, reflection, or guided meditation on theme (5 minutes)
- Meditation (20-25 minutes)
- Dialogue as group or small groups on theme, recap at end (20 minutes)



4:50 Volunteer prepares food offering

- Adults and children recap together what each group did and learned
- Chanting a meal prayer

5:00 Snack and socializing time (20 minutes)



5:20 Words on the theme, announcements for next group

Final chant

Everyone available helps clean-up, stack chairs, sweep floors, gather trash (must be taken away), close and lock doors and windows