

# “Creating Rituals” Activity Sheet

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## Rituals

Rituals are the way we connect with one another and create community. Rituals are sacred activities designed for togetherness and unity.

- Connection is the goal.
- They are the glue that holds us together.
- They are the most important part of creating a community.
- They honor events in our lives.
- Rituals soothe the lower centers of the brain. They have a calming effect on our minds and bodies.
- Rituals are something to be counted on so they must become a part of how you work together.
- Trust is established when each ritual is defined: they happen in a consistent way and for the same reason of connection.

## What are some rituals we use in our classrooms?

Rituals help us to create connections.

- Sacred Circle
- Class Responsibilities
- Birthday Celebrations
- New Student Welcome
- Holiday Celebrations

**If you don't have your rituals defined, take some time today to create them and share them with teachers, parents, and students.**

## Activity 1

**Age Group:**

**Create a ritual that explains how the sacred or gathering circle works.**

The sacred circle is the transition between arrival and moving into the lesson experience. Design it so the students are able to facilitate most of the activities, with the adults providing safety and support. It helps to create community and belonging and includes a variety of activities, such as:

- Activities that welcome
- Activities that build community
- Activities that encourage collaboration
- Activities that invite deeper internal exploration

## Activity 2

### Age Group:

#### **Create classroom responsibilities or “job” cards.**

This idea comes from Dr. Becky Baily’s “Job” Cards.

- Their purpose is to help build community in the classroom. They do this by providing a role for each member of the class.
- When you have a role or can impact the classroom experience, you are more likely to participate and feel a part of the community.
- Create a responsibility card for every role the children/teens are able to, do such as:
  - Attendance Taker
  - New Friend Helper
  - Greeter
  - Music Helper
  - As well as all of the roles you created for your Sacred Circle
- It is helpful to have enough cards so each child/teen can have one.
- For children – print out cards with a photo and a description of the role.
- For Teens – write the roles on rocks or invite the teens to create something that will work for them.
- If this is something new to your group, create a process for introducing the concept and teaching them how to do each role.

## Activity 3

### Age Group:

#### **Create a ritual about how you celebrate birthdays.**

- *How do you want to honor each child/teen?*
- *Will you serve treats? If so, what kind?*
- *What supplies are needed?*
- *What else needs to be considered?*

## Activity 4

Age Group:

**Create a ritual about how you welcome new students.**

- *What will you do?*
- *What will you ask of the new student?*
- *How will you support students who might be overwhelmed by the attention?*
- *Will there be any kind of follow-up? If so, what?*
- *What else is needed?*

## Activity 5

Age Group:

**Create rituals to celebrate holidays.**

- *What holidays will you celebrate?*
- *What will the celebration(s) entail?*
- *Are they for the YFM program only or will they be multigenerational events? Is a budget needed? What about advertising?*
- *Do you want a curriculum to support the celebration?*
- *What roles are needed?*
- *What supplies are needed?*
- *What else needs to be considered?*