




Family Building : Assembly Required



Once Upon An Ordinary School Day
Family Rituals and Traditions
for ordinary days and times



Welcome Families!

■ Plan for the Evening

- Family Share Time
- Children's Story
- Rituals and Traditions for Ordinary Days
- The Ordinary Meal, Becomes EXTRAordinary
- Closing Devotion



Family Share Time

■ Materials

- crayons in your grab bag
- butcher paper covering your table

■ Activity

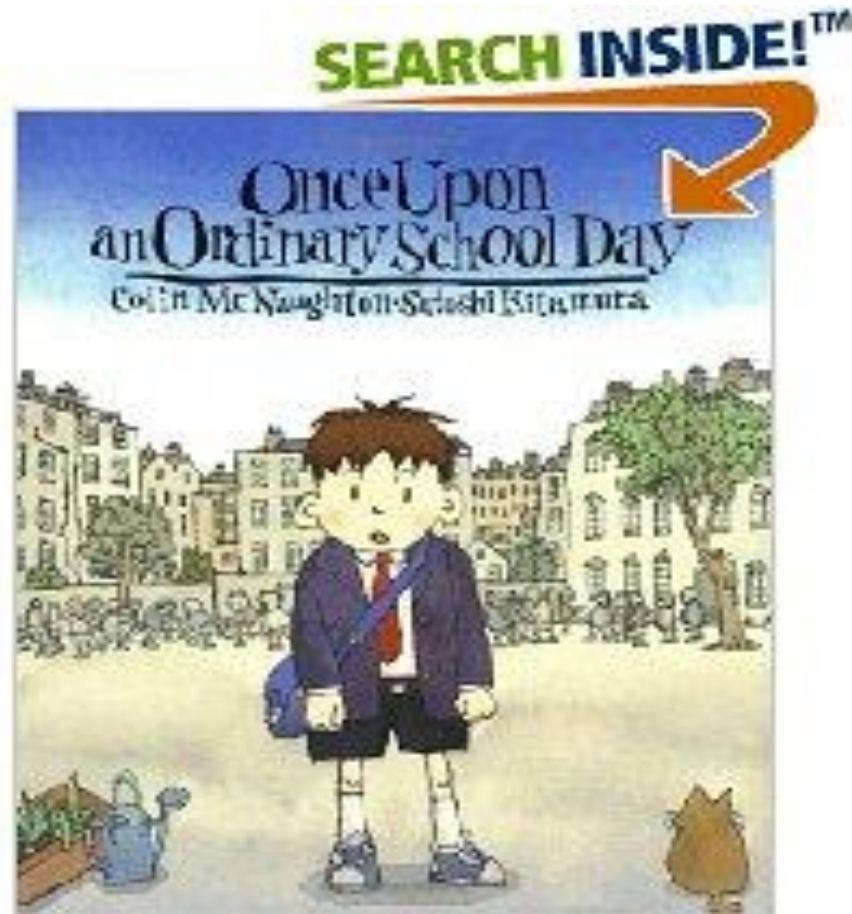
- Every member of the family picks a spot on the table top and draws a picture of something ordinary OR something extraordinary that he or she did today.

■ I Invite You to Share

- After all of the pictures are drawn, take turns inviting each other to share one event from each person's day.

Once Upon An Ordinary School Day

— by Colin McNaughton & Satoshi Kitamura




Why have family rituals and traditions?

- 10 Good Things Rituals Do for Children
 - Impart a sense of identity
 - Provide comfort and security
 - Help to navigate change
 - Teach values
 - Pass on ethnic or religious heritage
 - Teach practical skills
 - Solve problems
 - Keep alive a sense of departed family members
 - Help heal from loss or trauma
 - Generate wonderful memories

■ The New Book of Family Traditions p. 10





“Families should have 1 solid ritual of connection daily.” p.12

■ Mornings

- greeting the day and each other
 - Special Handshakes p.94

■ Mealtimes

- blessings
 - Simple & Good p.85

■ Evenings

- homework
 - Brain Food p.70

■ Bedtime

- ending the day in peace
 - Bedtime Countdown p.91



Getting Started

■ Just Say NO

- Big Bucks \$
- Loads of Planning

■ Just DO IT

- Regularly
- With a purpose in mind, think...
 - Words
 - Action
 - Food
 - Music

Making the Ordinary – Extraordinary Placemats

- Start with a large piece of construction paper. Fold it in half.
- While the paper is still folded, draw a series of lines across the fold, but do not draw them all the way to the edge - leave about 1 inch at the edge. (For younger children, an adult should draw the lines. For a very neat-looking place mat, use a ruler to draw the guidelines.)
- Cut along the lines.
- When you're finished cutting, unfold the piece of paper.
- Using other colors of paper, cut many strips of paper about an inch wide, and the same length as the height of the large piece of paper used in the last step.
- Start weaving the strips of paper onto the large piece of paper. Make sure that each new piece of paper is pushed up next to the previously woven piece.
- When you're done weaving, secure each strip of woven paper using glue or tape. You might also have to trim the woven edges a bit to make the edges of the place mat even. You can now use the placemat at your dinner table.
- To make it last, cover both sides of the placemat with clear contact paper.





Making the Ordinary – **Extraordinary** Peanut Butter Sandwich Bar

- Share in Prayer
- Choose and Send a
Family Food Finder
to the Buffet Table
- Make, Eat, Enjoy
 - *There are options available for people allergic to peanut butter!*
- Choose and Send a
Clean Up Captain
to put trash in the can



A vertical strip of four images on the left side of the slide. From top to bottom: a blue clock with white numbers on a blue background; a red clock with white numbers on a red background; a green book with white pages on a green background; and a blue book with white pages on a blue background.

Share in Prayer

- Thank you for the world so sweet,
Thank you for the food we eat.
Thank you for the birds that sing,
Thank you God for everything.

Amen.



Family Food Finder

- Go to the buffet table.
 - Bring an adult with you if you are under 8.
- Pick up a tray.
- Choose as many items from the peanut butter sandwich bar that you think your family will enjoy.
 - Be adventurous.
 - *There ARE options for people allergic to peanut butter.*
- Return with your filled tray to your family's table.
- While you are making sandwiches together, servers will come to your table with milk and water.



Evening Prayer

One member of the family lights the evening candle.

Opening Sentences

Leader: God is light.

Family: *In God there is no darkness.*

Leader: If we live in the light, as God is in the light,

All: *We are a family together.*

Song: All Praise to You, Our God, This Night

All praise to you, our God, this night,

For all the blessings of the light!

Keep us, O keep us safe from harm,

Within the shelter of your arms!



Closing Sentences

Leader: The God of grace is with us all, now, and forever.

Family: *Amen.*

Leader: Praise the Lord.

Family: *Alleluia.*

The whole family puts out the candle together.





Good Night!

- God bless you and yours.

- Next Event

- **Stone Soup**

- Tuesday, October 28

- 1730 – 1900

- Sign up and we'll see you then!