FREE FAMILY PRACTICE | 10-20 MINUTES IS ENOUGH

Family Moon Ritual Planner

A short, flexible plan for connection, reflection, and family choice.

How to use this planner

Choose a simple purpose and one or two activities. Gather ordinary household items. Tell everyone what will happen and how long it will last. Participation is always optional: children may join, watch, change their minds, or leave without needing to explain.

You do not need to know the moon phase. Use a seasonal moment, a family milestone, or an ordinary evening if that works better.

Plan the container

Date, time, and place:

Our simple purpose (one sentence):

Before inviting anyone, decide what will help the gathering feel comfortable.

CHOICE	OUR PLAN
Who is invited?	
How long will we stay together?	
Where can someone take a quiet break?	
Any sensory, access, or comfort needs?	

Choose what you need

OPTIONAL ELEMENT	CHOOSE OR WRITE IN
Opening: a greeting, breath, or song	
Shared action: light an LED, pour water, or notice the sky	
Materials: paper, stones, leaves, or nothing at all	
Closing: gratitude, stretch, snack, or cleanup	

GATHER, CONNECT, CLOSE

A gentle 10-minute ritual

Use the steps as a menu. Skip anything that feels forced.

1. Welcome - 1 minute

Say what is happening and remind everyone that passing or leaving is okay.

2. Arrive - 1 minute

Take one comfortable breath together, look out a window, or simply sit.

3. Share - 3 minutes

Invite one optional question. Everyone can answer, pass, draw, or listen.

4. Choose - 3 minutes

Each person names one small thing they want more of, less of, or to remember.

5. Close - 2 minutes

Choose a closing word, song, stretch, or snack; return materials together.

> Optional questions: What felt good today? What was hard? What are you proud of? What would help tomorrow? No one needs to share private feelings or explain a pass.

Afterward

Notice safety and connection, not whether everyone was calm or cheerful. A short, ordinary moment counts.

A moment I want to remember:

What felt natural or useful?

One thing I will change next time: