

5 Easy Birthday Rituals that Celebrate Simplicity, Love and Family

Decorate THE chair

Match the material to the person or what's on hand. Begin by wrapping THE chair that they sit on for the day. Use wrapping paper, raffia, Christmas Paper, streamers, fabric, ribbon, or scarves to celebrate a favourite team. Choose ONE something that fits the birthday person. They get to sit there for the main meals.

They are **seated first** and they also **get first choices** at each meal.

Balloon happiness: Each child decorates a balloon blows it up and gets to share the story/ memory connected with the balloon picture and the birthday person.

Yum Yum Food: Within reason ask the birthday person in advance to describe what would be the perfect breakfast or lunch to make at home. All the members of the family work together to produce this love filled meal on the birthday

Celebrating the personal and special family moments simply in a warm family atmosphere.

