

Creating your Family Meal Ritual

- 1** Have something that says: Family meal time starts now. E.g. Bell, phrase, bang on the ceiling....ahem!
- 2** Collect everything together you need and always have a place for it. All within easy reach. E.g. containers, draws,
- 3** Start with a list so everyone is responsible for something when laying the table and preparing for the meal.
- 4** Bring everyone together in a pause to start together but not before you've thought about the food. What pause, thankful, prayer ritual will you use for the food and the chef(s)?
- 5** Collect a few games, questions and ideas for engagement at the table. Nothing fancy- chance for diversity of conversation.
- 6** Have a chance to practice serving each other and talk about table manners from around the world and in different situations.
- 7** Know how you'll undo a full table without children trying to escape. Clean up the area/table and kitchen well.
- 8** Make the family meal event special in your own way!
- 9** Keep it all simple and repeatable!

For more details <http://play-activities.com/familymealritual>

