

# Family Moon Ritual Planner

A flexible planning sheet for building a short family ritual around attention, honesty, release, gratitude, and connection. Children may participate, observe, change their minds, or leave.

## Plan the container

Keep the practice short enough that everyone can stay regulated. Ten to twenty minutes is enough.

Moon phase or seasonal moment:

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Date, time, and location:

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Our simple purpose:

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Who is invited:

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Maximum length:

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Comfort and sensory needs:

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## Choose the elements

Use ordinary household materials. Sacredness comes from attention, not expense.

Light or safe lantern:

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Water, stones, herbs, or paper:

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Opening words:

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One shared action:

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One optional reflection question:

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Closing action and cleanup:

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## The family circle

Do not require a disclosure. Pass is always a complete answer.

Something I am proud of:

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Something that felt hard:

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Something I want to release:

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Something I want more of:

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Someone or something I appreciate:

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A small action for tomorrow:

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## After the ritual

Evaluate the experience by safety and connection, not by whether everyone behaved peacefully.

What felt natural:

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What felt forced or too long:

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What the children responded to:

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What we will change next time:

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A moment I want to remember:

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