

# Family Rituals

## Why?

Rituals are a way to honour our way of being as a family and to bring to life our identity and values.

Whether a child or an adult they give us a sense of belonging and bind us to one another. So consciously creating & crafting your rituals as a family can be a gorgeous way to bring to life who you are and what you value most!

## How?

You might have some family rituals already. If so, why not consider them now in light of your family values. Do your current rituals allow your values to shine?

This is a great one for a family dinner or weekend breakfast.

Simply have your family values and ask yourselves what are all the ways we can bring these to life.

Nothing is too out there! Come up with as many ideas as possible and see what makes the cut or gets the vote!

Try to have a delicious combination of weekly, monthly, yearly and occasional rituals.

And then why not give them a name!



Photo by Daiga Ellaby on Unsplash

Create space  
and connect in

charlie lyons  
mobile: 07943 867529  
email: [charlie@connectin.me.uk](mailto:charlie@connectin.me.uk)  
web: [connectin.me.uk](http://connectin.me.uk)