

YOUTH PRACTICE

For Children in Grades K-6

Youth Practice Grades K-6 takes place every other Sunday at 9am. While parents attend the meditation and dharma talk in the Zendo, the children and Youth Practice teachers gather in the classroom for opening activities, games and songs. We then “open the altar” by presenting a candle, water and lavender buds, and offer any blessings or concerns from the children or teachers. After a little bit of meditation, we then split into groups by age for guided learning, stories, discussion, crafts, and so on. Finally we rejoin the adults and parents in the zendo for the All Ages Precepts Ceremony and closing announcements.

In Fall 2018, grades 2-3 will be studying Bodhisattvas, grades 4-6 will be studying Life of the Buddha, and grades K-1 will be doing general mindfulness and fun activities appropriate for that age group. Later in 2019, we will be studying Priests.

Our mission is to joyfully awaken the heart of great wisdom and compassion in the next generation. While we have lesson plans, we adapt to meet the needs of the moment. The most important lessons come from practicing mindfulness together, both adults and children.

Suggested Donation for the Youth

Practice year: \$125 for one child, \$200 for two children, or \$250 for three or more. These are the suggested amounts, please pay what you can.



**Meets every other Sunday
from 9:00 - 10:45 a.m. at
Clouds in Water Zen Center.**

2018 dates:

September 23

October 7 & 21

November 4 & 18

December 9: All Ages Buddha's
Enlightenment Activities

2019 dates:

January 13 & 27

February 10 & 24

March 10 & 24

April 7: All Ages Buddha's Birthday
Activities

April 21

May 5

Questions? Contact
kikan@cloudsinwater.org

Information and registration online:
<http://cloudsinwater.org/youth-practice/>