Simple Ritual: reflecting, visioning, writing and burning.

A HEART AND MIND PRESS ACTIVITY FOR KIDS, AND KIDS AT HEART, AGES 6+

In *How To Celebrate Winter Solstice*, we learn how we are connected to both our inner world and our outer world, in sync with the natural rhythms of the Earth's year-long journey around the Sun. When we remember our past year and think about what we want to accomplish in the coming year, it can help us decide what’s most important. The Earth will never stop moving forward, and neither will you!

WHAT TO DO
Read the questions, and notice the first thing that comes to your mind. Write down the essence of that thought-feeling in single words, or 1-2 sentences (*keep it general*). Move onto the next question and when you’ve answered and written them all down, set-it-on-fire! (*Be safe!*)

- What was the most exciting, heart-stirring thing that happened in your life and/or work this past year?

- What do you need to stop doing, thinking or let go of?

- What do you enjoy doing and want to do more of?

- What new experiences would you like to have in the coming year? What would it look like? What would it feel like? (*Hint: The Earth knows where it wants to go, and it isn’t backwards.*)