Secular Rituals

In our everyday lives
A ritual is a ceremony or action performed in a customary way.

Secular rituals are the actions that we perform on a daily basis in a combined fashion.

Could be a regular habit that is done in the same way on a regular basis.

A secular ritual is a ceremony which involves a series of actions performed in a fixed order.
Components of a Ritual

1. Type of Ritual/Routine:
   - Daily
   - Family
   - School
   - Celebration
   - Other

2. Origin of the Ritual/Routine: Where does this ritual come from?

3. Characteristics of the Ritual/Routine:
   What are the features of the ritual? Think objects and symbols.

4. Procedure of the Ritual/Routine:
   What happens during this ritual? What are the steps?

5. Role of the Ritual/Routine: Why do you do it?

6. Rules associated with the Ritual/Routine:
   What are the do’s and do not’s associated with this ritual?
Your Assignment:

Create a bubble map on 4 of your own rituals/routines

Be sure to include the following information for each ritual/routine:

- **Type of ritual** – daily, family, celebrations, school, etc.
- **Origin of the ritual** – where does this ritual come from?
- **Characteristics** – what are the characteristics?
- **Procedure** – what happens during this ritual?
- **Role** – why do you do it?
- **Rules** – either do’s or do not’s associated with this ritual
Instructions:

1. Choose 4 of your rituals/routines
   - Think about the different areas in your life and choose rituals/routines based on that
   - What are your family traditions or rituals?
   - What holidays do you celebrate?
   - What sports do you play? What are the rituals/routines associated with that?
   - What is your morning or nighttime rituals/routine?
   - What are your rituals/routines in school?

2. Create your bubble map on the 4 rituals/routines that you chose
   - See the next slide for an example of Mrs. Butler’s rituals/routines
   - A bubble map could like....
### My Bubble Map:

#### Thanksgiving:
- **Type of ritual** – family celebrations
- **Origin of the ritual** – my family has always celebrated Thanksgiving, even when I was a young child.
- **Characteristics** – turkey supper, lots of people, around 30 – family and friends, giving thanks, sharing love
- **Procedure** – start cooking, make table decorations, set the tables, people arrive, eat supper, give thanks, socialize, enjoy each other’s company, clean kitchen, pack up leftovers for people to bring home, people leave.
- **Role** – I celebrate Thanksgiving because family is important to me and it’s a special time when we share what we’re grateful for.
- **Rules** – be polite, don’t be too loud, share what you’re thankful for, take home leftovers, have fun

#### Birthdays:
- **Type of ritual** – family celebrations
- **Origin of the ritual** – birthdays have always been important to me, it’s a chance to celebrate the person’s life
- **Characteristics** – we usually celebrate several people at once, in June and September because so many of our family have birthdays then, big family supper, lots of people, around 30 – family and friends, birthday cakes, candles, birthday song, gifts, lots of fun.
- **Procedure** – make birthday cakes, decorate them, make supper, set the tables, people arrive, eat supper, socialize, enjoy each other’s company, serve the cake, sing Happy Birthday song, open gifts, sometimes we play games after, clean kitchen, people leave.
- **Role** – I celebrate birthdays because it’s a nice opportunity to tell the birthday person that we love them, that we’re thankful they’re in our family, and to celebrate their life.
- **Rules** – be polite, don’t be too loud, some people bring gifts, sing the birthday song, have fun

#### Mrs. Butler’s Rituals

#### Morning Routine:
- **Type of ritual** – daily
- **Origin of the ritual** – Since August of this year, because we don’t have homeroom anymore
- **Characteristics** – waking up, getting myself ready, heading to work
- **Procedure** – wake up at 6 a.m., make my bed, get dressed, open my blinds, put my jewelry on, go upstairs, brush my teeth, wash my face, do my make-up, fix my hair, make my coffee, pack up my things for school, drive to school, arrive at 7 a.m., and enjoy quiet time in my office before school
- **Role** – I do this because it helps me to start my day feeling relaxed. If I get to school too close to the bell, I feel rushed.
- **Rules** – Make my bed, don’t forget my earrings, don’t worry too much about my looks, don’t forget my coffee!!, make sure to bring everything I need for school, drive carefully, relax!

#### End of the Day School Routine:
- **Type of ritual** – daily
- **Origin of the ritual** – Since September because I have too much to do during the day
- **Characteristics** – emails, to-do list, corrections, planning, agenda, my desk, my office, organizing
- **Procedure** – When school finishes, go to my office, sit at my desk, chat with colleagues, colleagues leave, read emails of the day, reply to emails, check to-do list, do what’s on to-do list, check planning, plan if necessary, do some correcting, make sure agenda is up to date and organized, go home, usually around 5:30 p.m.
- **Role** – I do this because I don’t have time during the day to get it all done, and I’d rather work in my office than to bring it home with me.
- **Rules** – don’t chat too long with people, get to-do list done, reply to emails, make sure I’m organized, get class folders prepped for the next day, close the office windows, turn out the lights.