



MORNING



Ayurvedic **DINACHARYA** are daily routines to align with the cycles of nature and promote vitality and balance in the body and mind. Pair these morning health routines with family-time rituals to start the day with intention and joy!

BODY: DAILY ROUTINES

- wake up (out of bed) by 6am
- scrape tongue with a copper tongue scraper first thing in the morning, & clean teeth
- drink 1-2 warm glasses of water to hydrate and encourage a healthy poop
- breathe in fresh air outdoors & do gentle stretches to wake up the body and mind before breakfast
- head massage: wake up your brain and get your blood flowing by giving yourself a head massage

MIND: BRAIN GAMES

Before breakfast, play a couple of brain games together to wake up your neurons, exercise logic, and creatively reason:
Toddlers: play with geometric objects, categorizing by color/type, rhyming, adult tells a story with 'fill in the blank' spaces
Early Elementary: the 2- or 3-letter word game, 20 questions, continue the number pattern, child reads quietly or aloud
Upper Elementary: the 4-letter word-game, riddles, 20 questions, Sudoku, child reads aloud a chapter of a chapter book
Once breakfast is served, give your full attention to the meal and how your body is receiving it

SPIRIT: SETTING AN INTENTION

Go around the breakfast table and set two intentions for the day:

- an inner intention: something you are working on inside (ex: Today, I'll try to think kind thoughts to myself when I'm struggling with a math problem.)
- an outer intention: something you'd like to share with others (ex: Today, I intend to give someone a kind compliment.)

SENSES: SONG

Get silly! Once bags are packed and by the door, pick a song and have a family dance party as the last thing you do before heading out the door. It'll get the belly laughter flowing as you engage your sense of hearing, sight, and touch. Interpretive dances encouraged. Pro tip: Rotate who picks the song, and announce at breakfast to have it cued up..



DINNERTIME

When it comes to meals, Ayurveda recommends

- that lunch be the largest meal of the day, while breakfast is moderately sized and dinner is the lightest
- including all five tastes in each meal, appropriately proportioned
- that, generally speaking, eating only occur when the sun is out. This means finishing dinner by 7pm.

BODY: 6 TASTES



Ayurveda recommends including all six tastes - sweet, salty, sour, pungent, bitter, and astringent - in each meal. Introducing each of the six tastes to the body cultivates overall well-being on a physical and mental level.

- Tip: Investigate each family member's body constitution, or **PRAKRITI**, by contacting an Ayurvedic Health Counselor or Practitioner, and adjust the amounts of each taste accordingly.

MIND: RITUAL

Treating a meal like a ritual helps the mind focus on the smells, tastes, and ways the food interacts with the body while cultivating reverence and presence. A mind that is fully present with the process of eating supports healthy digestion.

- After the meal is served, take a moment to smell and look at each ingredient before touching.
- Each member of the family gives gratitude to one person or being who made the meal possible - this could be an animal, plant, farmer, grocery worker, or chef. Imagine placing a hand on the 'shoulder' of each being in gratitude.

SPIRIT: ROSE, THORN, ROSEBUD

Connect with the family by making "Rose, Thorn, & Rosebud" part of the daily dinnertime ritual. Each person shares.

- Rose: something that felt positive or went well today, and how I felt
- Thorn: something that didn't feel good or go well today, and how I felt
- Rosebud: something that is coming up that I'm looking forward to

SENSES: SILENCE

As a family, practice spending the first three minutes of the meal in silence in order to encourage presence and mindful eating while engaging all five senses as you take in the meal. Eventually, this practice will become a habit.



BEDTIME

Cultivating healthy routines and heartfelt rituals at bedtime is essential for whole being health. They offer opportunities to cultivate presence, reflect on the day in appreciation and forgiveness, and let go.

BODY: NIGHTLY ROUTINES

- start with bedtime hygiene rituals like teeth brushing, tongue scraping, and face washing
- do a few calming yoga poses like sleeping butterfly, feet up the wall, and resting pose
- oil your child's feet and the crown of their head with a prakriti-appropriate oil to cultivate calm and grounding
- read a story together
- practice belly breathing and long exhale breathing
- bring in sound and intention by saying a prayer or singing a song
- stick to a consistent bedtime

MIND: BODY SCAN

As a final family practice before turning out the lights, lead your child or have your child lead you through a body scan. Start with the toes, and go body part by body part up the body, directing awareness to each part spoken. When the whole body has been covered, have the recipient focus on "whole body." (ex: toes, feet, ankles, calves, shins, knees, thighs...)

SPIRIT: GRATITUDE

End the day with a gratitude shower. Before getting into bed, each member of the family shares three things they're grateful for. Consider extending gratitude to yourself, family, friends, school, the earth, challenges, and life.

SENSES: AROMATHERAPY

*Each member of the family chooses a nighttime essential oil and places one drop in their hands. Rub hands together, and take three calming breaths together in a circle as a family.
nighttime essential oils: lavender, bergamot, ylang ylang, peppermint, chamomile,*