

2008 Children's Dharma Camp

June 9-13

Circle of Meditation

Circle of Grace



June	9 (Mon)	10 (Tue)	11 (Wed)	12 (Thur)	13 (Fri)
9:00	Tai Chi, bowing, guided, silent meditation, ten good things that come from meditation, morning prayer song				
10:00	Orientation, Introduction 1-min. Speech	green tea/snack dharma tray	1- minute speech (my dream/benefits of meditation) Korean folk games	Blindfold activity	Play (Farmer's luck, Golden ax)
10:30	Korean language, snack	Lotus flower Laughing yoga		green tea, snack Dharma tray Meditation card	soap making
11:00	TaeKwonDo		Story telling		Cooking class (JooMuckBob) reading play script
11:30					
12:00	Lunch (bring your own lunch box) except Wednesday. Quiet rest and book reading after lunch				
1:00	Green tea chanting beads Paper art (Dharma tray)	Frisbee	Treasure hunt (BoMoolChaki)	TaeKwonDo	Outdoor activity (go-cart riding)
2:00	Finger Painting	Washing Buddha's feet Walking with lotus	Movement expression	Exploring 5 senses	Friendship notes
2:45	Lying down meditation (stretching, breathing, counting meditation, and rest)				Camp reflection closing meditation
3:00	Chanting meditation, reflection on the day				Presentation to parents, teachers
4:00	Going home. See you tomorrow!				Finish at 4:30 PM.

These programs are subject to change depending on weather, volunteer's schedule, and participation.