

TMC CHILDREN RETREAT SCHEDULE

(July 26 - July 30, 2017)

Theme: WISDOM

Time	Thursday (July 30th) HOME, SWEET HOME	Friday (July 31st) WISE CHOICE & MY LIFE JOURNEY	Saturday (Aug 01st) THE EPIC WISDOM
6:30am	Wake Up Bell	Wake Up Bell	Wake Up Bell
7:00 -7:30	Sayadaw Check-in <u>Metta- Buddhanussati-</u> <u>Vipassana</u> Announcement	Sayadaw Check-in <u>Metta- Buddhanussati-</u> <u>Vipassana</u> Announcement	Sayadaw Check-in <u>Metta- Buddhanussati-</u> <u>Vipassana</u> Announcement
7:30 - 8:15	BREAKFAST	Sayadaw BREAKFAST (Mindfulness Practice)	Sayadaw BREAKFAST (Mindfulness Practice)
8:20-9:45	Sayadaw Dhamma Discourse & Disciplinary Rules	Sayadaw Dhamma Discourse & Disciplinary Rules	Sayadaw Dhamma Discourse & Disciplinary Rules
9:50 - 10:50	Dhamma Activity * NANNY 911 * THE BROTHER'S DEVOTION *HE <i>Home, Sweet Home</i> <i>Discussion</i>	Dhamma Activity * A REAL HERO * <i>Video Character</i> <i>Evaluation</i>	Dhamma Activity * <i>My List of Happiness</i> * THE UPS & DOWNS OF LIFE * THE WISE & CALMNESS WITHIN
10:55 – 11:35 (separate class)	* WISE vs STUPID * <i>Si ñ gālovāda Sutta</i> (Parents-Children) * <i>Pāli Puzzles</i> (Volunteer-led Activity)	* <i>Right Choice-Wise Choice</i> * <i>10 Good & 10 Bad Actions</i> * <i>Dhamma Stories - Skit</i> (Volunteer-led Activity)	* <i>The Essential Teaching of</i> <i>Buddhas</i> * <i>Dhammapada 36</i> * <i>Dhamma Stories - Skit</i> (Volunteer-led Activity)
11:45- 12:00	Sayadaw Slow & Silent Walking	Sayadaw Mindful Walking	Sayadaw Mindful Walking
12:00- 1:00	Sayadaw LUNCH (Mindfulness Practice)	Sayadaw LUNCH (Mindfulness Practice)	Sayadaw LUNCH (Mindfulness Practice)
1:00-2:00	* THE ANT & GRASSHOPPER * <i>Discussion</i>	* <i>Dhamma Story Skits</i> * <i>Dhammapada 317</i> * THE JOURNEY MAP OF MY LIFE	* THE FEELINGS SONG (Catching your thoughts, feeling your belly move)

2:05-3:35	Sayadaw (Dhamma Discourse + Meditation)	Sayadaw (Dhamma Discourse + Meditation)	Sayadaw (Dhamma Discourse + Meditation)
3:40-4:25	JUICE TIME (Mindfulness Practice) BREAK (Shower)	JUICE TIME (Mindfulness Practice) BREAK (Shower)	JUICE TIME (Mindfulness Practice) BREAK (Shower)
4:25 -5:25	Art Class THE ANT & GRASSHOPPER	Art Class THE ANT & GRASSHOPPER	Art Class LITTLE MONK & NUN DRAWING
5:30- 6:00	Sayadaw Humanity Value	Sayadaw Humanity Value	Sayadaw Humanity Value
6:00-6:40	Sayadaw DINNER (Mindfulness Practice)	Sayadaw DINNER (Mindfulness Practice)	Sayadaw DINNER (Mindfulness Practice)
6: 45-7:00	Sayadaw Slow & Silent Walking	Sayadaw Mindful Walking	Sayadaw Mindful Walking
7:05-7:20	* SELF-EVALUATION (selfishness- selflessness) * SELF TRAINING- MY EPIC MISSION	* THE JOURNEY MAP OF MY LIFE (cont.) * SELF TRAINING- MY EPIC MISSION	* SELF TRAINING- MY EPIC MISSION * Group Task
7:25-8:30	Sayadaw <u>Precepts</u> <u>Metta- Meditation Report-</u> <u>Dhamma Discussion</u> Check-out + Announcement	Sayadaw <u>Precepts</u> <u>Metta- Meditation Report-</u> <u>Dhamma Discussion</u> Check-out + Announcement	Sayadaw <u>Precepts</u> <u>Metta- Meditation Report-</u> <u>Dhamma Discussion</u> Check-out + Announcement
8:30-9:00	BREAK	BREAK	BREAK
9:15	Bed Time	Bed Time	Bed Time

Sunday (Aug 02nd) CLOSING
Wake Up Bell
Sayadaw Check-in <u>Metta- Buddhanussati-</u> <u>Vipassana</u> Announcement
Sayadaw BREAKFAST (Mindfulness Practice)
Sayadaw Dhamma Discourse & Disciplinary Rules
WRAP-UP
CLOSING CEREMONY
LUNCH

