

One-Day Children's/Teenagers Course Timetable
 儿童/青少年一日课程作息表

(Sample)
 (样本)

Time 时间	Activity 内容
09:30 – 10:00 am	REGISTRATION 报到 + 点心
10:00 – 10:15 am	ORIENTATION TALK 课程说明
10:15 – 10:55 am	ANAPANA 观息法介绍
10:55 – 11:15 am	EXERCISE 体操
11:15 – 11:50 am	MEDITATION 1 静坐 1
11:50 – 12:20 pm	DISCUSSION WITH TEACHER 与儿童老师会谈
12:20 – 12:55 pm	MEDITATION 2 静坐 2
12:55 – 1:55 pm	LUNCH AND ACTIVITY 午餐 + 创意活动
1:55 – 2:30 pm	MEDITATION 3 静坐 3
2:30 – 2:50 pm	BREAK 休息
2:50 – 3:20 pm	REVISION/DISCUSSION 复习/与儿童老师会谈
3:20 – 3:40 pm	STORY/METTA CHANT 讲故事时间
3:40 – 4:05 pm	FINAL DISCOURSE / METTA 最后开示 + 慈悲观
4:05 – 4:30 pm	SNACKS / FEEDBACK FORM 填写回馈表