

Seven Characteristics of rituals:

Rituals are repeated actions that have a symbolic or underlying meaning.					
They involve movement, gestures, and (sometimes) words that communicate a message					
Rituals require participation to be meaningful.					
Rituals are part of a communal experience.					
Rituals are often tied to important, key moments celebrated in our lives.					
Rituals often link us to our past.					
Rituals often use particular symbols with the gesture or movement.					