

Cultivating Seeds of Togetherness - coronavirus and all

Seed of Togetherness - a small act that promotes all the good stuff - warmth, joy, gratitude, connection, and a desire to spark more closeness.

Let's keep it simple with just 3 steps
(revisit this each week to adjust, fertilize, spread)

Choose WHO

Who do you want more togetherness with right now? this week?

List them all:

Make categories if that helps your brain organize better:

You - yes, you! nurture yourself *especially now* so you have some seeds to offer

Work - whole organization, teams, individuals

Family - spouse, kids, parents, in laws, and beyond

Friends - near by, far away, haven't talked to in awhile

Harder to consider people - where there's been a rift, conflict, heartache

CHOOSE WHAT

What's one small act you can do that would be meaningful? (to you, to them, to all)

Refer to simple seed idea page as needed to get your juices flowing

It's whatever is meaningful - fun, serious, playful...

How are you going to sew this seed? What are the specifics - keep it simple and doable

CHOOSE WHEN

Realistically it's not going to happen unless you schedule it, plan it, just do it.

So write it on your calendar, put the sticky note on your mirror, run and do it now

Think of when it would be least expected - novelty adds an extra element of delight

Consider making it a ritual of sorts - consistency adds an extra element of comfort

WASH RINSE REPEAT

Simple Seed Ideas: (a non-exhaustive list)

- Send a handwritten note - snail mail and notes to scatter around the house
- Take a long bath
- Go for a mindful walk in your neighborhood - notice what you notice
- Send their favorite snack - online of course
- Let your kids use your special blanket, pillow, chair...
- Host a video conference to celebrate all the creative problem solving done this week
- Assign buddies within your team to answer get to know me questions
- Ask your team what's the hardest aspect for them right now
- Listen with curiosity to what's going on - without planning your response or the fix
- Email an inspirational quote, thought, poem
- Start an exercise challenge with a buddy
- Dress up for dinner even though it's "just us" - use the good stuff
- Have their coffee waiting at the table
- Go on a nature walk with your whole family or just one
- Read a book aloud - not just for kids
- Invite them to watch some backyard birds
- Brew the special tea and ask them about...
- Make a new rule for a virtual team meeting - everyone wears a hat, certain color, etc.
- Spend actual agenda minutes on free flowing brainstorming - what if...
- Celebrate beginning a new way - interacting, learning, doing, being...
- Do nothing...until something sparks your imagination - remember that ol' thing?!
- Set up a date somewhere in your house
- Pitch a tent in the backyard
- Set up a scavenger hunt
- Sit in silence on the phone with a friend who has nothing to say, yet feels alone
- Have a picnic for all the meals
- Turn off the screens
- Light a candle
- Make s'mores in the fireplace and see what conversations unfold
- Play a new game with them
- Play an old game with them
- Tackle a project as a family - painting, purging, organizing, building, creating...
- Tackle a project as a team - get creative as to how
- Ask them what they would enjoy - and do it

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- Build a fire from start to finish - gather the kindling, watch it burn - s'mores again
 - Watch Carol Burnett with your kids
 - Send a gif that shows exactly how you feel
 - Feel what you're feeling - seriously, feel it
 - Help your kids feel what they're feeling - label it with them, sit with them
 - Whip up a guacamole in the middle of the afternoon
 - Ask them how they're doing - for real - and deeply listen
 - Do the wave at the dinner table - laugh ridiculously
 - Say yes to indoor forts
 - Stay up late watching their favorite movie
 - Sit in nature - ground yourself in it - literally and figuratively
 - Start a family journal - use questions as prompts and take turns writing responses
 - Ask your child to teach you about their favorite activity
 - Watercolor with them
 - Ask productive questions - stay curious with answers
 - Read an old book and see what new perspective it offers now - share it
 - Share new stories
 - Watch Little House on the Prairie as a family - they cover everything!
 - Sing songs especially if you don't have a fantastic voice
 - Start a drawing, even a butcher paper mural and see what gets added
 - Dance for a solid 3 minutes
 - Hang up a questions sheet of paper and see what gets asked
 - Start a Google Document for online questions and see what gets asked
 - Wonder about something usually taken for granted
 - Listen with actual interest to your spouse's view on...

Think you get the idea...

What's coming to your mind?

Connect **WHO, WHAT, WHEN** and enjoy this time - *dare to even see it as a gift of time*
A time to explore new parts of you, them, and new ways you can gather together

Scatter these simple seeds of togetherness in rich human soil and watch them **GROW**