

FREEDOM I

Freedom of Decision Making



Photo credit: Sohail Madan

Togetherness Table : Co-creating a 5th Space in groups



FREEDOM I

Freedom of Decision Making



In intergenerational pairs, talk about a significant decision about family, career, relationships etc that you are grappling with. With the help from each other co-decide on the subject of the decision. Keep in touch with each other to see how the decision pans out over the next few weeks.



Talk about a decision that you took in the past few months that you should have taken with someone younger (child, student etc) or elder (parent/guardian, teacher, mentor etc) but you did not take and the way it affected the outcome/relationship. Write a letter apologising for it, and make sure you give it to them.



Have a discussion on why are young people not allowed significant participation in decision making? Discuss with regards to one specific space- Family, Career, Education, etc

Living our constitutional values

FREEDOM II

Freedom of Expression



Photo credit: Sohail Madan

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FREEDOM II

Freedom of Expression



Share one thing about yourself that you have not shared before with anyone.



Have a discussion on what do you understand by sexuality? Each member to share their views and understanding.



Bring to the table, one topic that you always wanted to discuss with someone from a different generation but have refrained because it may become awkward.

Living our constitutional values

FREEDOM III

Freedom to practice different faiths



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FREEDOM III

Freedom to practice different faiths



Try to guess each other's faiths without the person telling you. Together discuss the common stereotype you hold about a major religion other than yours. Resolve, by learning more about at least one such stereotype.



Think of a time you discriminated someone (even secretly) based on religion and write a letter of apology and read it out to the group.



Members of the group divide themselves based on the religions they are from and discuss aspects of their religion that they consider retrograde and agree to change at least one in the way they practice it in the future

Living our constitutional values

SOCIAL HOPE I

Seeking support on personal growth and well being



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SOCIAL HOPE I

Seeking support on personal growth and well being



What are your dreams for yourself? Talk in intergenerational pairs and pledge to support each other in coming weeks to achieve those dreams.



What keeps you awake at night? Talk about problems that bug you consistently. Ask for advice from the group by sharing stories of personal hope.



Stand up, look into each others' eyes, hug/warm hand shake with everyone on your table. Celebrate one person by walking up to them and letting them know what you appreciate in them. Ensure everyone gets appreciated. End with a group hug.

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SOCIAL HOPE II

Collaboration on Social Goals



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SOCIAL HOPE II

Collaboration on Social Goals



What are the major social issues according to you? How do you think elders/youngsters behaviours contribute to keeping the problem alive? Talk in intergenerational pairs and take up one thing you will change in your own behaviour having listened to the other person.



Together make a poem, poster or song reflecting an optimistic story from your recent experience that fosters social hope. Put up the poster as well post it on one of your social media handles or put it in your house where guests can also see it.



Think of a hopeful song from popular music. Together sing this for the whole group, urging them to join in too.

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SOCIAL HOPE III



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SOCIAL HOPE III



Share your unique skill with the group. Agree on a small but significant common social project (could be short or midterm) that you want to work on as a group. Co-create an actionable blueprint of the process including aim and objectives of the project and actions as well as roles (that will bring out each of your unique skills) along with some timelines. Share with group.



Agree on a social problem/issue that each one of the family identifies with. Raise atleast 5000 INR from amongst yourselves and your larger circle (friends and family). Take a pledge on the phone where required (written texts preferred). A pair from the family takes responsibility to pass on the funds to an NGO working on the issue identified. Announce your collections in public.



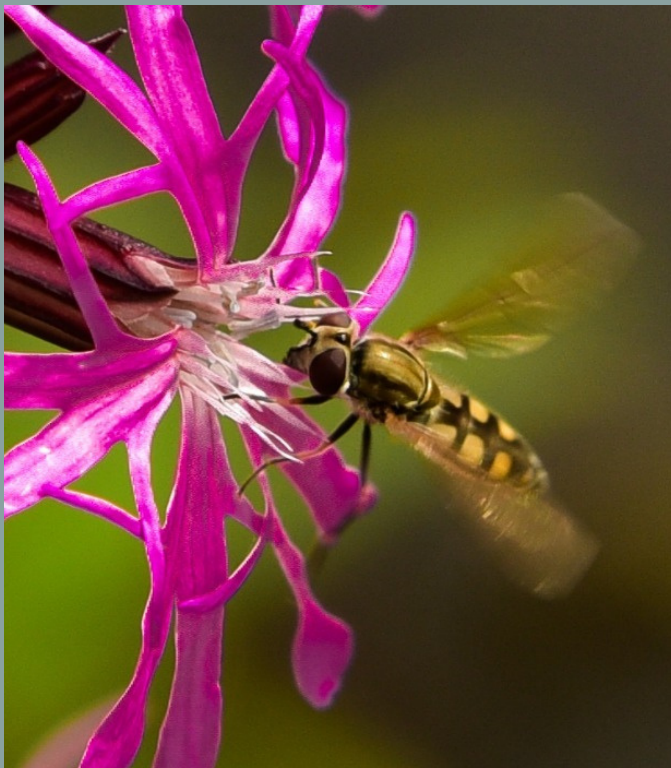
Divide into intergenerational trios. Each one fulfils an immediate need of the other two. Needs could be for a glass of water, a shoulder massage, some sweet, a soothing song etc. If you have time, please feel free to extend your services to others in your group or in the larger circle.

Living our constitutional values



OWNERSHIP I

Owning Failures



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OWNERSHIP I

Owning Failures



What are 2 or 3 family traditions or beliefs that brought you grief or that affected you negatively? Share with the group and take ownership of doing something about it.



Ask forgiveness in text/letter to someone you have wronged recently. Read it out to the group. Spell out how you have moved from blaming to claiming responsibility for the problem.



Reflect on an unresolved conflict with someone close. Think about what part of the blame is yours and the other party's. Now own the entire conflict and resolve to do something about it. Share with the group and take their help and suggestions.

Living our constitutional values

OWNERSHIP II

Co-creating

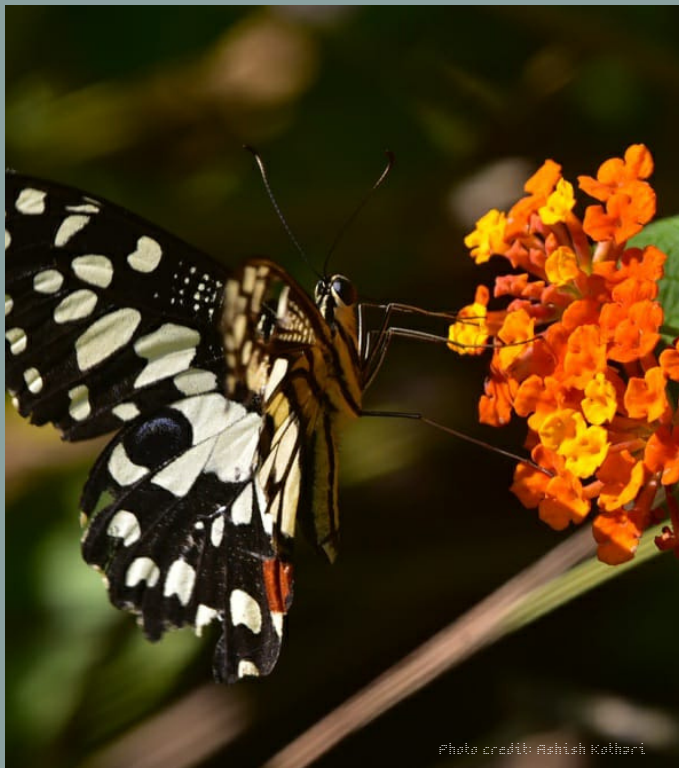


Photo credit: Ashish Kothari

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OWNERSHIP II

Co-creating



Pair up across generations. Take a pencil sharpened at both the ends and hold it between your foreheads or any other part of the face and walk to the far wall and come back without dropping it. The group discusses what helped and hindered. Make a list of dos and don'ts of co-ownership and send it to all.



Together with a group create a task card- Gold, Silver and Bronze that can be done in the family space on generating the feeling of ownership.



Together make three posters for family space and one for an education space that promotes the idea of intergenerational dialogue. Put it up on the wall as well as on your social media handles right away.

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OWNERSHIP III



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OWNERSHIP III



Discuss together how your group can you improve the space you are in physically (ex: rearranging or decorating the space in a certain way) and psychologically (ex- Celebrating people). Improve the space accordingly then and there with the permission of the organisers.



By consensus divide roles in the group like time keeper, speakers, facilitator (who ensures everyone speaks and is heard and distributes air time equally) etc. People who don't get formal roles have to ask questions to enable a better understanding of the subject. Now practice these playing these roles while discussing the topic "uplifting the mood of the group"



Clean up the room you are sitting in to the highest standards of neatness (as if it was the first room that foreign dignitaries will visit when they come to India)

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LEARNING I

Learning Goals



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LEARNING I

Learning Goals



Set a group learning goal to be accomplished then and there (for example, a song or a few lines of a new language or some dance steps etc.) that you will perform and display in the larger circle at the end.



Together make a chart with skills of each person mapped. Now add 3 new skills that each person wants to develop.



What is my dream profession? Share this with the group and elaborate on the capacities that you have to learn to perform well in that role. Let others add their wisdom.

Living our constitutional values

LEARNING II

Learning from life experiences



Photo credit: Ashish Kohari

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LEARNING II

Learning from life experiences



What is the significance of the one mistake you are making again and again in your life that is coming in the way of your growth- take feedback and ideas on what you can do to overcome it?



What is the significant mistake that I have made in my life and what has it taught me? Has it contributed to my growth? In what way? Share to inspire others to celebrate rather than hide mistakes.



Reflect on your experience of the togetherness table till now. Share one or two significant insights and two takeaways.

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LEARNING III

Learning from each other



Photo credit: Sohail Madan

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LEARNING III

Learning from each other



What are two special things about you and two things you want to improve. Share and take feedback from anyone who knows you on the table.



Announce to the group your hobby or skill; something you are good at. Pair up with someone who wants to learn that hobby, skill and give them a 5 mins inspirational talk or a quick lesson of the same. Do this exchange in a pair. And block time to meet up for a detailed lesson in future.



What is one big positive thing that I have learnt from a family member. Write a letter of gratitude to that person. And read it out aloud.

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LOVE I

Expressing Love



Photo credit: Ashish Kakhari

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LOVE I

Expressing Love



Think of an ongoing conflict you are having with someone close and whom you have hurt in the conflict. Apologise and express your reason for closeness to the person via text/letter. Read it out to the group.



Stand up and look into each others' eyes. Give a big heartfelt hug to everyone in the group saying why you love them and end with a group hug.



Together make a card with the material available around you, expressing your combined love for a person. Show it to others and read the card out loud.

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LOVE II

Understanding Love



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LOVE II

Understanding Love



Divide into intergenerational pairs. Make character sketches of each other using mostly “how” and “why” questions rather than “what” “when” and “where” questions



Call a person who you believe loves you dearly and ask them for a short explanation of why they feel this way? Together discuss and come out with a poster on meaning of love to you that can be put up and also shared on your social media handles.



Reflect on an unresolved conflict you are having with someone. What values are you ranking highly due to which the conflict remains unsolved (for example punctuality, meeting commitments, fairness etc). What values is the other person ranking? In intergenerational pairs, share and get clarifications about your understanding of the factors that are perpetuating the conflict. Resolve to take a step towards resolution based on a better understanding.

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LOVE III

Spreading Love



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LOVE III

Spreading Love



Together write a para or poem of why you love the world and the human race. Read this out to the larger group before posting on your social media handles along with a photograph of the co-creating group.



Conceive together of a quick act of love that you will gift to the larger group (within 2-3 minutes). Prepare for it and present it at the appropriate time with permission.



Inspire the larger group (with permission) to stand in a circle holding hands and sing a love song. Prepare the song in advance and practice in your group.

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