

# FREEDOM I

Freedom of Decision Making



Photo credit: Ashish Kothari

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

**"commutiny"**  
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MAKING THE OTHER FOUR SPACES  
**5<sup>th</sup> SPACE**  
A 5<sup>th</sup> SPACE PROJECT

# FREEDOM I

## Freedom of Decision Making

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Bring up a significant decision you are grappling with as a family. Hear each other's viewing points and try to build a consensus on what to do. The onus is not only on the elders but on the young by making their voice heard by being firm and caring (carefronting).



Talk about a decision in the family that was taken without appropriate inclusion (specially of the younger people) and the way it affected the relationships in the family. Apologise to each other and pledge what you will be doing differently from the next time.



Discuss upon the status of whether young people are included or not in significant decision making in the family. Come up with a few ideas/principles to improve the situation.

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# FREEDOM II

Freedom of Expression

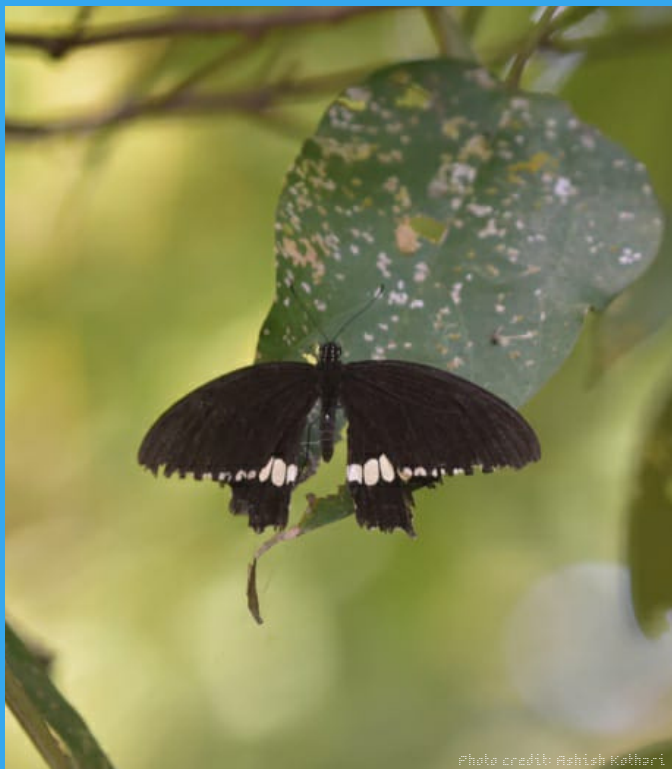


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# FREEDOM II

## Freedom of Expression

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Share one thing about yourself that you have not shared before in the family space.



Have a discussion about love, sex and sexuality. Each family member shares their views and understanding from a universal and personal standpoint. Also talk about how such taboo topics can be talked about in the family space more.



Express to each other how free you feel in the family. Also discuss how your concerns and celebrations may be better addressed.

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# FREEDOM III

Freedom to practice different faiths



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# FREEDOM III

## Freedom to practice different faiths

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Each member (especially the elder) is to explain why or why not they believe in a family religion. Together discuss a major stereotype you hold about a religion other than your own. Search over the internet or talk to an expert to clarify your myths surrounding the stereotype.



Think of a time when you as a family (or as an individual) discriminated someone (even secretly) based on religion and write a letter (jointly or individually) of apology and read it out loud. Later, send it to the person involved.



As a family, agree and accept some of the retrograde (not progressive) practices of your religion. Build a consensus on one or two ways you will practice the religion individually or as a family.

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# 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

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What are your dreams for yourself and for the family? Each member pledges a specific support in helping one or two others to achieve their dreams.



What keeps me awake at night? Talk about problems that bug you consistently including atleast one from the family space. Ask for advice and support from the family group.



Take turns to celebrate each person in the room by appreciating what you feel is the special contribution that they makes to the family space and the world at large.

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# SOCIAL HOPE II

Collaboration on Social Goals



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# SOCIAL HOPE II

## Collaboration on Social Goals

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What are the three major social problems according to you? How do you think elders'/youngster's behaviour perpetuates the problem? Pledge to change the behaviour individually or as a family.



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 as post it on one of your social media handles or on the wall in your house where everyone including the guests can see it.



Think of a hopeful song from popular music. Together sing this song and make it your anthem atleast for when you get together to play togetherness table everytime.

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# SOCIAL HOPE III

Collaboration on Social Goals



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# SOCIAL HOPE III

## Collaboration on Social Goals

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Share your unique skill with the family. Agree on a small but significant common social project (could be short or midterm) that you want to work on as a family. 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 family.



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.



Ask atleast two family members what help they need in the coming week to fulfil their family or individual role better. Volunteer your time, inclination and skills for atleast an hour per day. Make a clear plan.

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# OWNERSHIP I

Owning Failures



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# OWNERSHIP I

## Owning Failures

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What are 2 or 3 family traditions or beliefs that brought you grief or that affected you negatively? Try to claim your part in creating/perpetuating the negativity and also inspire other family members to take the same. Create a joint ownership and spell out activities to improve the situation.



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



Ask forgiveness in text/letter to someone in the family you have wronged recently. Read it out to the family.

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# OWNERSHIP II

Co-creating



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# OWNERSHIP II

## Co-creating

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Pair up. 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 with all.



Make one poster for families 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.



Create a constitution for the family. Start with the preamble (vision & values) and if you have the time, start discussing the rights and duties which can be finalised later.

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## Living our constitutional values





# OWNERSHIP III

Attending to common spaces



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# OWNERSHIP III

## Attending to common spaces

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Discuss together one or two neglected family spaces eg physical (example kitchen), psychological (example celebrations) or financial (example pocket money, education, outings together) that needs common attention of the family. Create a joint plan for these area(s) to be addressed over for the next three weeks.



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. Members who don't get formal roles have to ask questions to enable a better understanding of the subject. Now practice playing these roles while discussing the topic "uplifting the mood of the family"



Clean up the room you are sitting in to the highest standards of neatness .

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## Living our constitutional values



# LEARNING I

## Learning Goals



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# LEARNING I

## Learning Goals

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What are the 3 pivotal/turning points in your life and what you learnt from them, including one major learning from family? Share to build a better understanding. Also write a letter of gratitude to the family member concerned and read it out loud.



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 family circle at the end.



What is the meaning of learning for you and what do you want to learn in the next one year? Share and ask for help from others.

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# LEARNING II

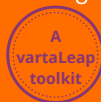
Learning from life experiences



Photo credit: Ashish Kothari

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# LEARNING II

## Learning from life experiences

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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



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# LEARNING III

## Learning from each other

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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. Write a letter of gratitude to one person who has contributed to your learning journey in a big way and send it out.



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.



Ask each other for the feedback on the roles you perform in the family. Others to celebrate the person and suggest one or two improvement areas.

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## Living our constitutional values





# LOVE I

Expressing Love



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# LOVE I

## Expressing Love

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Think of an ongoing conflict you are having with someone from the family 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 family.



Stand up and look into each others' eyes. Through your facial expressions communicate a feeling equivalent of a group hug without actually hugging each other (in view of physical distancing times). Share in turns why you love each person in the room.



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

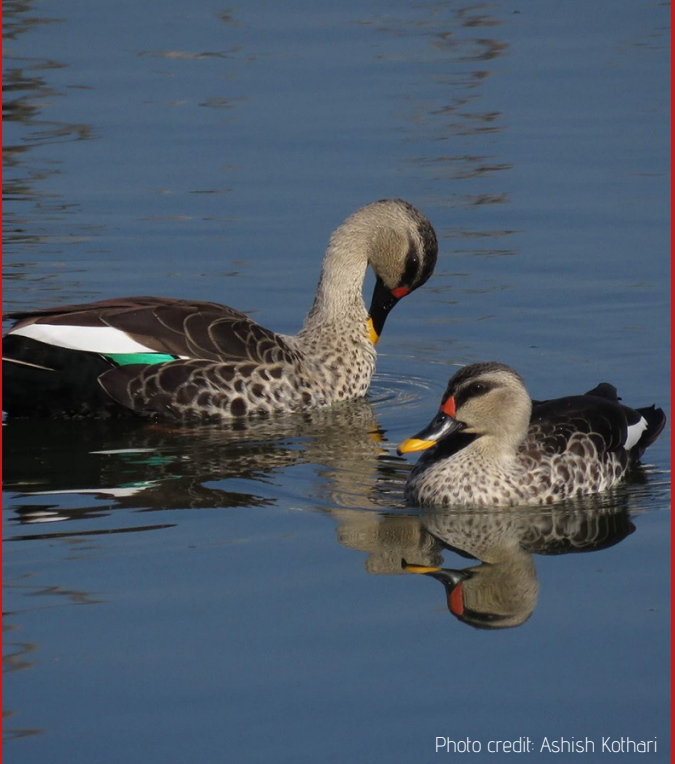


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# LOVE II

## Understanding Love

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



Reflect and identify a person in the family who you believe loves you dearly and ask them for a short explanation of why they feel this way? Together discuss and make a poster that can be put up and also shared on your social media handles.



Reflect on an unresolved conflict you are having with someone in the family or outside. 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 you 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

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Together rate the family on this feeling using a scale of 1-10 (where 1 is “no love lost” and 10 is “love is our middle name”). come up with one action together and one action individually to improve the rating in the next couple of weeks. Pledge to rate the feeling again after a month.



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



Divide into intergenerational pairs. Ask how you experience each other in the domain of love and what is one different thing/way that you wish/expect from the other from now on.

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