



Three Ways to Cultivate Community Within Your Edah

Grounding & Centering

Make sure to take a few breaths; or play one minute of music and allow people to turn off their video (Consider playing [Brian Eno's sound installation](#))

Being Present

Ask people to mute or close something (either physical or emotional) in order to be more present

Creating Spirit

- One person takes off their headphones and leaves the virtual space.
- One person volunteers to be the leader and everyone has to follow their moves on gallery view.
- Invite person back onto the screen to try and figure out who is the leader.
- Every 20 seconds, leader should switch to another action.

For additional tips and tricks for virtual gatherings, see [here](#) from our friends at Bronfman Youth Fellowship and make sure to check out Priya Parker's new podcast [Alone Together](#)