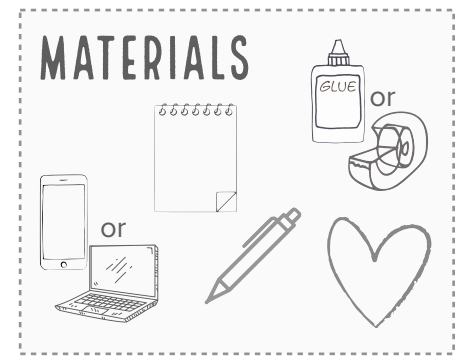


# THE GREAT INDOORS

AN EXPLORATION OF YOUR SPACE IN CORONA TIMES



## A MEMORY THROUGH OBJECTS

- Select 2 objects in your space. One object that you look at often and one object that you have forgotten about.
- If you are alone, then grab a pen and paper and write down the story of your objects. If you are with others, take turns sharing your objects.
  - Who does it remind you of? Where did it come from? What part of you are you preserving through this object?

## A MEMORY THROUGH AN EXPERIENCE

- Consider the people, conversations and experiences you have had in your space. Hone in on one of those moments.
- Take out your phone and recall that moment and think of a person that was with you.
- Text them hey! Remember when??? Let them know it was significant, and why. Thank them. Thank them for the moment that you shared together.

## A TRIP TO YOUR LIBRARY

- Run your fingers along the spines of your books.
- Open to a random page and read it to yourself.
- Move to a new section or shelf.
- Take out a book that you come back to time and time again.
- Flip through the book and find one passage that moves you in this moment.
- Take out your phone and in 60 seconds, record yourself reading the passage out loud.
- Share your voice recording with your M<sup>2</sup> WhatsApp group.

## BEDIKAT CHAMETZ

- Take a piece of paper and rip it into 5-10 pieces.
- On each piece, write down a fear, a question, or a behavior that you want to get rid of at this moment.
- After you have written your chametz, crumble each piece and hide them around your house.
- Remember where you placed them, and on the evening before Pesach, find the notes, read them out loud and get rid of them with the rest of your chametz.

## CHAINS OF PROTECTION

- Take a piece of paper and cut it into strips.
- On each strip of paper, write or draw one thing that is helping you stay calm and grounded.
- Using a glue stick or some tape, make a paper chain.
- Place your chain next to your mezuzah or in the spot where a mezuzah is hung. (see [here](#) for more on how to hang a mezuzah.)
- If you are doing this with others, place the chains around the house and let each person share what is on their chain.