Together, Apart: Designing Rituals to Build Community

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Ritual “In”

In your breakout room:

● Take 30 seconds to find a meaningful object (close by, or on you!)
● Introduce yourself and share the object
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virtual TEACHING & LEARNING STUDIO
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Ritual “In”
How might we (HMW) design “welcome rituals” to build community in an online space?
Ritual
Saturday Pancakes

Pre-meeting team breakfast

Throwing your graduation cap into the air!

4 pm walk
“Rituals give order and meaning. People gravitate toward the function and structured behavior that rituals offer. This structure brings people a sense of things being in their control and with a sense of meaning.”

“Rituals help people deal with negative transitions.”

“Rituals enhance performance by motivating and bonding people.”
OXO Good Grip, invented by Sam and Betsy Farber

https://americanhistory.si.edu/collections/search/object/nmah_1417719
“Often, the culture of an organization is set by talking in the abstract. This could be through writing down a manifesto, core principles, or a constitution. Rituals are ways to bring these big, abstract ideas into daily practice.”
welcoming
reflection
closing
welcoming

reflection  closing
“Welcoming” Rituals

check-ins
to encourage sharing, acknowledge each other, get to know each other, get “closer”

stokes
to energize, get everyone in the frame of mind for learning, to separate class from another zoom meeting :)

How might we (HMW) design “welcome rituals” to build community in an online space?
I used to think....Now I think...

(I want to send this presentation to my children's school)
I used to think I would meditate every day. Now I think if I do it a few times a week it's ok
I used to think losing weight was difficult. Now I know I have the will to do it.
I used to think that my hometown was not attractive or a desirable place to live, I know think it has a lot of hidden treasures and look forward to spending time there.
I used to think that online education was naturally inclusive. Now I understand better that we need to be more intentional. (love listening to music while we work!)
Rituals can be in any form.
I used to think that Zoom isn't a friendly/efficient place for gathering. Now I think it certainly can be, with the help of other tools like Mural, rituals, an effusively friendly facilitator, and some super-upbeat music! Thank you Meenu!
now I think they can be incorporated easily, and test a few and see what works with students
I used to think Nature was boring Now I think it is a great blessing
Physical exercises were too difficult to offer virtually. Now I think if we make it equitable for all it can be done!
I used to think rituals virtually wouldn't be very feasible... now I know that that are
How do we create rituals in a curriculum?
Used to think daily in person rituals were difficult to implement
Small rituals weren’t as meaningful or impactful, but wow did the pandemic teach me better.
I couldn't use music.. Now I will bring music into the virtual space
Ritual design for the spaces in between

Breaks for coffee/snacks
The water fountain
A conversation before/after class
When you run in late and have to sit next to someone new!

From Rituals for Work, Kursat Ozenc + Margaret Hagan
1:15 pm PT poster session:

Round Up! is a mobile app that guides doctors-in-training during their clinical education.

www.rounduplearning.com
Contact Meenu:
itsmeenu@stanford.edu
Additional resources on idea generation

1. DO: Self-guided activity + reflection (5-10 min activity - you could invite a friend to do it and reflect together)
2. WATCH: Team brainstorm at IDEO Toy Lab (2 min video)
3. READ: Want some creativity? Crank up the constraints, blog post by Bob Sutton (5 min read)
4. READ: Pagan Kennedy Makes The Case For A New Field Of Study: Human Inventiveness, magazine article by Marianne Amoss (8 min read)
5. LISTEN: The Daily Show’s secret to creativity (30 min podcast)