

Breakout activity:

- We will be breaking out into 5 groups, one per theme from the book (Movement, Nature, Art, Service, Belonging). Guests can self-select into the groups and we'll try to rebalance if needed.
- 3 prompts for the guests:
 - What are some of the aspects of “disconnection” that you feel or observe?
 - What do you think are causing these feelings and challenges?
 - What are some of the ideas that you could suggest for the “Connection Cure”? Try to be specific if you can. E.g., there's a pottery class at Brooklyn clay on Tuesday nights.
- In the last 5-10min, we will pass around a note pad for each group to write down their findings and ideas
- During the debrief, guests are asked to share what they discussed, and especially interesting ideas that others can try as well

Intention setting:

- Guests will be given a blank letter and envelope, they will write down whatever's on their mind to themselves, seal the envelope and address it to themselves. Jim & Lucas will mail those out in ~2 months.

Created by Lucas Rivers and Jim Jin, friends of author Julia Hotz*