

July '20 Month in Moments: Moments to Fill the Well

Slow Down Sunday	Move it Monday	Tea Time Tuesday	What's That? Wednesday	Thoughtful Thursday	Netflix and Chill Friday	Game Night Saturday
<p>Take a moment this month to watch wonder bloom.</p> <p>Sharing on social media? Please tag @watchwonderbloom or use #watchwonderbloom</p>			<p>1 Commit to learning something new together this month! We are going to watch at least some of the lectures from Yale's African American History: From Emancipation to Present course and then Will will probably make me learn something on the piano... Today, decide what you want to learn about this month and how you'll do it.</p>	<p>2 Take The Four Tendencies Quiz by Gretchen Rubin one after the other. Compare results. Do your results surprise either of you? What do they mean? How can you assist each other in meeting personal and couple goals?</p>	<p>3 Plan a movie/show night for the rest of the month. What have you all been wanting to watch but haven't? Is there anything on the streaming services you have that relates to the topic you're learning about this month? Fill in the other Friday boxes now. If you're anything like us, this will save you about an hour for each of the other Fridays... :).</p>	<p>4 Play a short game together, then, choose a longer board game to try and order it if you don't already have one you like. We like Ticket to Ride and Pandemic (eeeekkk... might be a bit un?timely). For short games, we love Boggle and Spot It.</p>
<p>5 Cook a meal together either as a couple or as a family. Sometimes we miss out on time together because we can do things faster on our own... which is great at times, and a missed opportunity at others. Will and I always end up laughing when we cook together. He's slow and precise, I just chop and fling...</p>	<p>6 Turn on a song you both like and dance. Overwhelming? Try a Zumba video to one of your favorite songs. Be ready to laugh together :).</p>	<p>7 Once the kiddos are down, start a pot of tea. As the tea steeps, one person talks and the other ONLY listens until the mugs of tea are poured (this silent listening is called "attentive silence"). When tea is poured, the listener shares what they heard. *Switch nights if y'all are mad at each other or grudge-y to avoid venting.*</p>	<p>8 Watch a lecture, try a skill, read a chapter of a book or listen to a podcast together about the topic you chose last week. Decide what you'll do before next week to learn a little more (Ie, do you want to read the next chapters on your own and discuss? etc).</p>	<p>9 Skim through the Know Yourself Better questions from Gretchen Rubin. Answer a few together. If you like them, write some on sticky notes or slips of paper and put in a jar by your bed or on the coffee table. Try answering these together before starting a show or book at night.</p>	<p>10 Something We've Been Wanting to Watch for Ages:</p>	<p>11 Play a short game to loosen up (and to get any major competitiveness out if you have a cooperative game to play next :). Then, try your new longer game!</p>
<p>12 Take a look at your calendars. Note a day for each of you that might be stressful. Write and doodle little notes to cheer each other up on that stressful day. Tuck these into envelopes. Stick them to the fridge with the day that they should be opened.</p>	<p>13 Try a partner yoga pose! My favorite is stacked planks. Get in a SOLID plank pose (line from hips in line with shoulders - feet hips width apart for women). The other partner puts their hands on the bottom partner's ankles and steps their feet onto the bottom partner's upper back. Try switching. As long as the bottom partner has a solid plank, strength and size aren't as important as you think.</p>	<p>14 Repeat the attentive silence technique from last week. The other person listens.</p>	<p>15 Check in, is the topic you're learning about together still interesting to both of you or do you want to switch gears? If your topic is theoretical, what actions do you want to take based off of what you're learning? Keep learning :).</p>	<p>16 "Love is a living, breathing thing. There is no need to force it to grow in a particular direction." ~ Thich Nhat Hanh in <i>How to Love</i> How has your love grown in surprising ways? What do you love about your partner that at first you found crazy-making? How do you care for your love for yourselves? Each other?</p>	<p>17 Something Silly To Watch Together:</p>	<p>18 Video games or quizzes? Which gets a bigger "OH NO!" response in your relationship? Try whichever one got the bigger response. I don't do video games and Will and I have just started playing together and the amount he appreciates it makes it worth it (even though I keep making us die really fast...).</p>
<p>19 Emotional responsiveness is key to love. Today, notice if you can see feelings as they arise, in each other and in kiddos. Step into the moment and stay there with each other. If your kiddo is scared of thunder, pick them up and say, "You are scared of the thunder. How can I help you feel safe?". If your partner is mad you forgot something from the grocery story try, "You seem frustrated. What can I do?".</p>	<p>20 Get outside alone together! Whether it's on your back patio to drink a glass of wine, on your front steps to stargaze, or a fast walk around the block together, notice how this time away from the house together feels.</p>	<p>21 Make a night time snack for your partner and they make one for you. Enjoy over tea.</p>	<p>22 Snuggle up on the couch together and take some time to choose podcasts or articles for each other to read/listen to related to your new or original topic. Listen/read now or decide when you'll do read/listen and when you'll discuss :).</p>	<p>23 Dr. John and Julie Gottman have done extensive research on marriage and lasting relationships. Download their app "Gottman Card Decks" to use as conversation starters before you head into your own books/shows/quiet time/whatever at night.</p>	<p>24 Something Related to What We are Learning/Something about Perspectives Different than Our Own to Watch Together:</p>	<p>25 Repeat your favorite - short game, long game, video games, or quizzes :). Chat together - did you like having game nights? Want to keep them going? If so, mark on your calendar when you'll do the next one!</p>
<p>26 Whoever wakes up first today gets to wake up the other person. Snuggle, sneak in coffee before the kiddos get up, enjoy a moment of calm before the bustle of the day begins.</p>	<p>27 Do a family workout! We love FitnessBlender, the FitOn app, and Cosmic Kids Yoga for all our family fitness sillies. HG has 2lb weights and will actually do squats and lunges when she feels like it.</p>	<p>28 Wear something fancy or your coziest pajamas and have fancy/cozy tea time. Doing fancy tea? Light candles and sit at the dining room table. Cozy tea? Maybe make hot chocolate instead. Curl up on the couch with books or your favorite TV show.</p>	<p>29 Use sticky notes or index cards to make each other adulthood badges or certificates for all the learning you accomplished (even if you only made it through one chapter or podcast... :). Give each other silly drum rolls and present your badges/certificates with much fanfare.</p>	<p>30 Think back to the Thich Nhat Hanh quote. Draw a map of the journey your love has gone on. Include obstacles and how you got through/over them. Plan the next destination on your love map. What will you do next, what new habit or ritual will you start to care for your love for each other?</p>	<p>31 Something Heartfelt or Suspenseful to Watch Together:</p>	