

Stuck in the home office?

Lockdown LEGO®

🕒 15 min

- 📦 • 8 x 8 LEGO plate
- 1 Minifigure
- Mix of LEGO bricks
- White A4 sheet

Why?

When working from home in lockdown the staccato of being in a virtual meeting one minute and on your own in the home office can be quite unsettling. Online meetings don't give you the time to debrief or process meetings like a physical get together. **Lockdown LEGO helps you to reflect on your day in the home office.**

What?

Lockdown LEGO lets you build a model that lives on your desk and represents the meetings you have attended during your day in the home office. It creates an opportunity for a short reflection at the end of each meeting. As the model evolves you will see **more connection between the activities of the day.**



How?

1. At the beginning of the day, set up your starting model:
 - a. an **8 x 8 LEGO plate** that represents the stage for your day
 - b. a **Minifigure** standing in one corner that represents you
2. Throughout the day, **capture different thoughts or ideas** you have by adding bricks or small LEGO models to the plate.
3. If you have an online meeting it may make sense to **build a separate model** representing the discussion.
4. If you wish to share your model during the online meeting **try holding a white paper sheet behind your model** so that the other participants can see what you have built clearly.
5. Between meetings, when you lose flow or in quiet times during the day, a look at the model may help you focus and get back on task.
6. At the end of the day, **take a few minutes to look at your model** - take a picture if you like - then reset for the next day.