

Incubation Celebration:

Build a Fort

Time

30 minutes to build, a week to explore

Supplies

Blankets (or sheets, cloth of some sort) cardboard, pillows

Build Your Fort

As an adult with adult concerns (like a job that keeps you at a desk, perhaps), you have no time for blanket forts. Well, if you're at work, or you work from home, it's time to celebrate incubation. You're going to build a fort that you leave up for the week and visit as regularly as you can. This fort will be your space to think, doodle, hide, create, listen to music, or just be. Begin by considering your space, and what you have at your disposal. I'm writing this from my fort in the corner of my room. A hula hoop acts as a roof that spans the space from a chair to a shelf. I draped a colorful bit of fabric over the hoop, and added some pillows to the floor, and a blanket. It's near the radiator, so it's pretty cozy, which I need right now. Give yourself a few minutes to go hunting and bring your loot back to set it all up. Make your fort comfortable, inviting, and a place you want to spend some time in. Put some of your creature comforts inside. Dangle holiday lights from the roof, or make some signs. Make it home. Make time each day to sit inside your new space to dream, plan, muddle. Incubate, and celebrate what comes from the quiet time to yourself.

Share Your Discoveries & Reflect

Want to share your findings after a week in incubation? Add your findings to the Forum, find a few questions for reflection, and connect with others who built forts.