

# Support for Living Better throughout the COVID-19 Situation using Pattern Languages

## An Attempt at Pattern Language Remix in an Emergency

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This paper introduces a new project that serves as a form of support for living through the current worldwide COVID-19 situation. In this project, I have picked a number of patterns out of many pattern languages made in various domains that I believe will be of help to peoples' lifestyles in this current situation, and have applied them to introduce in this context. For example, I extracted patterns from *Words for a Journey*, a pattern language for living well with dementia, considered how they would fit into the current situation, and *applied* them into patterns for *living better in a life limited by COVID-19*. Like this example, pattern languages that originated in different domains were chosen for being helpful in the current situation and are applied and presented in this paper. Up to now, we have chosen and introduced 58 patterns from 16 different pattern languages from various domains. This sort of collection can be referred to as a *Pattern Language Remix*, discussed in the pattern community. This project began as a serialization on my blog in Japanese that was then revised and edited. It was published in Japanese in September 2020 as *Hints for living during the COVID-19 pandemic*. This paper provides an overview of the results of the project that was originally written in Japanese.

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## 1. INTRODUCTION

On a global level, each and every individual in society has been greatly affected by COVID-19. Virtually everyone in the world has been thrown into an extremely unfamiliar and difficult situation. People are unable to predict what will happen in the future, and have been forced to continue their daily lives while struggling with a lot of stress and anxiety. The ways in which we work and learn have been forcibly changed, and we now spend an overwhelming amount of time at home. However, the only option that we have is to try our best to overcome these difficulties. We must create our own better ways of living, working, and learning during this period by individually creating and testing various ways of coping.

In this unprecedented situation, I asked myself what I, as a researcher and educator, could do. In asking myself this, I realized that the things I have found, learned, and produced as part of my research may be helpful to a lot of people facing difficulties due to COVID-19. This is because my research is aimed at supporting people in the implementation of their own *everyday creativity* in their daily lives. This support is in the form of hints and tips for good practice in work, education, life, and various other domains and is shared as a pattern language.

In carrying out this sort of research, I have realized that hints and tips (patterns) for doing things do not just help in the target domain, but rather include essential wisdom that can apply to almost any other domain or subject. On this basis, I realized that contained within these various hints and tips is plentiful wisdom that will prove helpful in the current difficult situation. As a result, I decided to share this wisdom in a form that is easy to understand. This project introduces a new version of some of the pattern languages that we at Iba Lab, Keio University and CreativeShift Inc. have created by applying them to be helpful to current lifestyles in the age of

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COVID-19. The project began as a serialization on my blog in Japanese that was then revised and edited (Fig. 1), and it was published in Japan at the end of September 2020 as a book [1], *Hints for living during the COVID-19 pandemic* (Fig. 2).

## 2. SEARCHING FOR A WAY TO SUPPORT BETTER LIVING THROUGHOUT THE COVID-19 SITUATION

The project shared in this paper introduces the wisdom found by our research in various fields in a way that is helpful during the COVID-19 situation. For example, *Words for a Journey*, a pattern language for living well with dementia, considered in the context of the current situation, was applied into patterns for *living better with a lifestyle limited by COVID-19*. Other examples include patterns for teachers working in schools being applied to help with parenting and supporting learning at home, or hints/tips for planning in business being applied to help families think about how to spend time together at the weekend.

It is no coincidence that this sort of application to another domain is possible. When we gather tips/hints, we make them somewhat abstract to capture their true essence, and extract them as wisdom that can be applicable to ways of thinking and doing things.



Fig. 1. The blog “Hints for living in this difficult situation” in Japanese



Fig. 2. The book in Japanese, *Hints for living during the COVID-19 pandemic*

We will introduce these patterns found in various domains as a collective collage. This was made by conducting a *Pattern Language Remix* of 58 patterns from 16 different pattern languages of various domains.

Because the patterns come from different pattern languages, the styles and characters portrayed in the pattern illustrations are entirely different, but we deemed it best to keep them as they are. This is because I want readers to see the work as a sort of collage made from previous research and read it with the aim of receiving hints from the wisdom of various domains to enable them to live more happily through this tough situation.

While they are both practices that were created for this trial, *Pattern Language Remix* are helpful in terms of possibilities in other domains. For me, this has proved to be significantly meaningful. Because they are all patterns that have proved effective in different domains, the fastest way to share them is through applying the existing patterns to another domain. It was only possible to share these helpful tips in such a short timeframe because of this method. Across the world, COVID-19 has meant that both work and education, which are very significant parts of life normally performed outside of the home, have had to be carried out almost entirely at home. I have found that bringing together patterns from various domains is a form of support in this difficult situation and this has great meaning and significance.

### 3. PATTERN LANGUAGE REMIX

A *pattern language remix* is beneficial when certain patterns from existing pattern languages are considered useful to achieve a new goal or purpose [2,3]. As a pioneer work of Pattern Language Remix, an existing study [2] proposed using patterns selected from *A Pattern Language* [4], *Liberating Voices* [5], and *Group Works* [6] and another study [3] makes a set of patterns for ATS2020, which is the EU project known as “Assessment of Transversal Skills” [7,8] by remixing existing pedagogical patterns [9-19]. In Tokyo in 2011, I held a workshop for students, who were going to study abroad, using a mixed set of patterns from *Learning Patterns* [17,20,21] and *Presentation Patterns* [22-24]. This example can be considered as a kind of pattern language remix.

I would like to emphasize that when doing a pattern language remix, one is not simply making a new combination of patterns (Fig. 3). Rather, one is bundling each pattern and the “*quality without a name*” [25] that each original pattern language is aiming for. Each pattern language aims to achieve a certain *quality without a name*. Christopher Alexander, who first created pattern languages, said that doing a pattern language remix starts with the desire to realize in the domain of the remix the *quality without a name* that was the aim of the original domain. In this case, our starting point is the desire to realize education that holds the *quality without a name*, then to realize projects and, ultimately, our own ways of living that hold the *quality without a name*. After recognizing these aims, one can choose patterns that realize these aims and incorporate them into the remix.

In the current COVID-19 pandemic, many people are working and being educated at home, so things that were previously done in workplaces and schools are now being done at home, and people are spending more time at home. As a result, there is a growing need to think of projects, plans, and ways of living with one’s family at home. Therefore, I searched for existing patterns that relate to such factors. As part of this process, I checked to see if the quality without a name in each original domain would be suitable if realized in this situation and chose the patterns which were suitable.

It is best to redraw the pattern illustration when doing a pattern language remix. The characters and styles differ from pattern language to pattern language, so keeping them as they are while doing a pattern language remix gives a collage-like impression. However, this will inevitably appear as simply a group of gathered patterns, and so it will be difficult to have a sense of consistency or wholeness. Initially, I thought that it was not necessary to redraw the pattern illustrations, but my editor wanted to give the book a sense of unity. Redrawing the illustrations achieves this aim. When I saw the consistent approach of the new illustrations, I knew right away that redrawing them was the right decision. Through these illustrations, I was able to truly feel the pattern language remix as a consistent whole, rather than just a collection of existing patterns. The new illustrations for this pattern language remix were drawn by Kaori Harasawa, who has actually drawn many pattern illustrations for our existing pattern languages. Harasawa drew them after examining the content with me and based them on the important points of pattern illustrating.

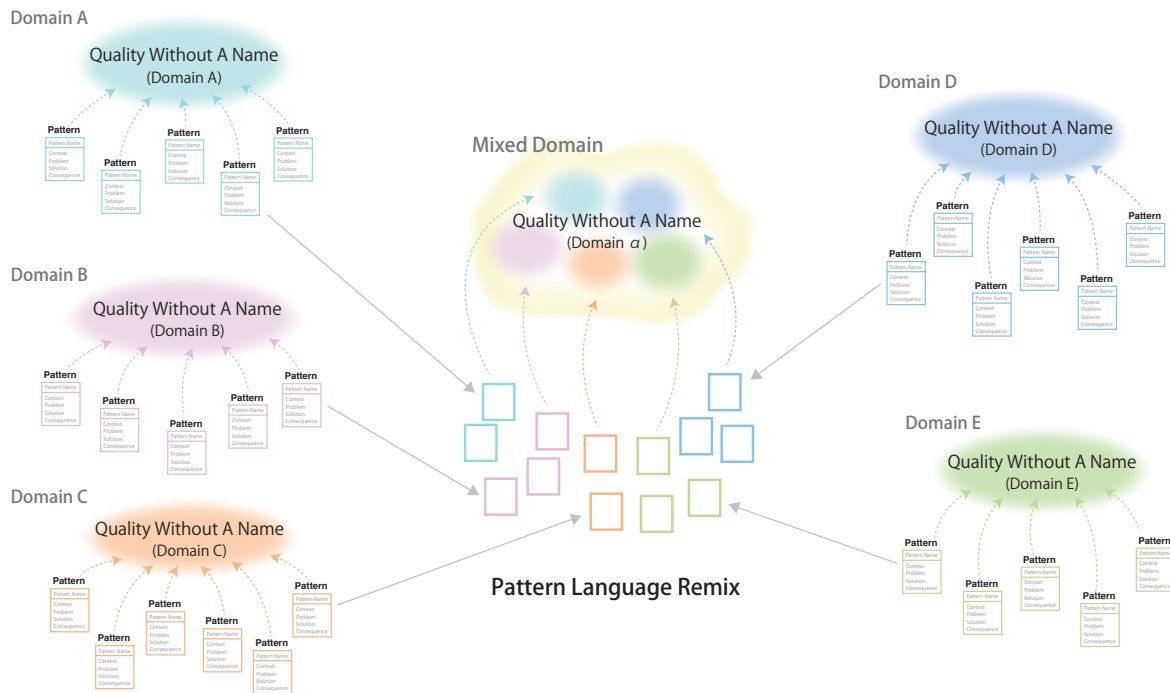


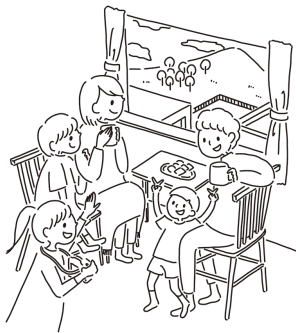
Fig. 3. Pattern Language Remix of quality without a name and patterns

Finally, I would like to touch on how pattern language remix relates to the research we have carried out so far in Iba Lab. We have previously proposed and implemented something we call *Pattern Concierge* [26]. In Pattern Concierge, we (the “concierge”) listen to someone’s problems or situation (the “customer”) and introduce existing patterns that should be of help to them. With that in mind, it can be said that the pattern language remix for the current COVID-19 pandemic and its ensuing difficulties is the result of the implementation of a large-scale Pattern Concierge.

#### 4. A SUMMARY OF THE CONTENTS OF HINTS FOR BETTER LIVING DURING THE COVID-19 PANDEMIC


Here is a summary of 32 hints for better living in the COVID-19 pandemic.

4.1 Think of these days, which are different from usual, as **A NEW JOURNEY** and make them into wonderful and memorable ones.

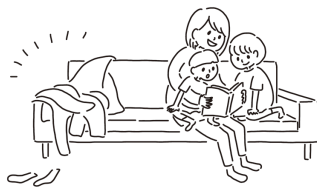


The COVID-19 pandemic has forced us to adopt a different lifestyle and we are unable to do the things that we want to. However, being upset about the situation will not change anything. **Therefore, think of this significant lifestyle change as the start of A NEW JOURNEY.** Things are different from usual on a new journey, and there will be some inconveniences as well. However, a journey can be an extraordinarily amazing, or even an unforgettable, experience. How this journey goes is up to us. By seeing this different lifestyle as a journey, you will realize that rather than being lost time, this is the moment for you to gain and create things which you could not have otherwise.

**A NEW JOURNEY** pattern is taken from *Words for a Journey* [27-29] (Table 1).


Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>A New Journey</p> <p>It is a new journey of living well with dementia.</p> 	<p>You, a family member, or someone close to you has been diagnosed with dementia. In this context, at first, you may have trouble accepting the fact due to the fear that you may not be able to pursue the life plans that you previously had. <b>Therefore, accept the fact that you will have to make some changes in your life, and think of it as the start of a new journey.</b></p>	<p><i>Words for a Journey</i></p>

4.2 **FOCUS AND SIMPLIFY** to prevent yourself from building up stress.



As you continue to work from home, or the time your children spend at home increases, it is difficult to keep things as precise as before. In such a situation, the more you tell yourself that you want to be organized or neat, the more stress you will build. This may even lead you to start blaming and hating yourself. **Therefore, it is vital to focus on the important tasks you have accomplished, even if it means having to put off other tasks for later.** For example, even if there is a pile of dirty dishes, focus on the fact that you are glad you were able to play with your kids a lot. By having this mindset, you can end each day by doing your best without overworking yourself. See this situation as a marathon rather than a sprint, and change your way of thinking to see that, on the whole, you are doing very well.

The **FOCUS AND SIMPLIFY** pattern is taken from *Ways of Everyday World-Making* [30].


Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Focus and Simplify</p> <p>Don't try too hard. It's important to be practical about your time.</p> 	<p>You want to do well in both working and parenting. In this context, when you have limited time and are unable to do your work or housework with the quality you hoped for, you end up stressed and wishing you had done things better. <b>Therefore, if you are able to properly finish the important things, it is okay to postpone other things.</b></p>	<p><i>Ways of Everyday World-Making</i></p>

4.3 Through a **DAILY USE OF RESERVES**, build a pantry with nothing past the expiration date.



It is safe to assume that all homes have a storage of long-lasting food for emergencies. Due to the spread of the pandemic, the food supply may be temporarily stopped or it may be difficult to go shopping, so it is sensible to have a certain amount of emergency food supplies stocked in your home. However, realizing that the expiration date has long passed when looking at your stockpile for the first time in a while is a common occurrence. This happens because we tend to keep emergency stockpiles out of sight and not use them as a way to stay prepared. **Therefore, continue to replenish preserved foods that come from your emergency stockpile, using the old ones first.** For example, if you buy five canned goods and use five of the same kind, constantly replace them with new ones to keep your stockpile from expiring. If you divide your preserved foods pantry shelves according to the expiration date, it will be easier to understand because you can start eating from the top shelf, which has the earliest expiration date.

The **DAILY USE OF RESERVES** pattern is taken from *Survival Language* [31,32].


Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Daily Use of Reserves</p> 	<p>You have food and water for emergency purposes. In this context, you conscientiously buy and stock food and water in case of a crisis, but these supplies can expire before an emergency actually arises. <b>Therefore, use EXTRA STOCK just as you use normal supplies.</b></p>	<p><i>Survival Language</i></p>

4.4 Create time to keep your **LOOSE CONNECTIONS**.



Recently, the number of online meetings has increased. However, in moving from face-to-face to online, simple things have been lost such as greeting people in the elevator or when passing by, casual chats directly before or after meetings, or conversations during meals and breaks. **Therefore, devise ways to keep loose connections outside of serious meetings and ways to learn more about other members of your team or group.** Connect remotely and have casual conversations and chat first thing in the morning, during lunchtime, or before the end of the workday. Online parties or get-togethers where everyone can drink or have fun is a good way to achieve this. You can also connect slowly and asynchronously via Twitter, Facebook, etc. Having loose connections like this reduces the distance between people and facilitates the synchronization of feelings, which in turn leads to good relationships and strong bonds.

The **LOOSE CONNECTIONS** pattern is taken from *Collaboration Patterns* [33,34].


Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Loose Connections</p> <p>Knowing how team members are doing, even when the team is apart.</p> 	<p>Members of the project meet only during project hours. In this context, periodic gatherings are not sufficient to form close bonds with members, and the team is spending precious time warming up at each meeting before they can start working. <b>Therefore, arrange a system where members can informally communicate outside project hours so they know how each member is doing when project meetings start.</b></p>	<p><i>Collaboration Patterns</i></p>

4.5 Be the supporting role in your child's education so they can be an **ACTIVE LEARNER**.



There are likely to be more and more instances of having to teach something to your children at home. You may work so hard to achieve this that it feels as though you are teaching and simply making your child follow along. If the relationship is a teacher who teaches and a student who simply takes it in, the child becomes passive and loses independence, and they may increasingly feel as though they are being forced. **Therefore, properly communicate that the child is the protagonist in their education, and that you are there to support them, and make sure to actually do this.** Support your child interactively and through conversations so they can think about what they should do. Then, the child's independence will gradually develop, and they will be able to think more for themselves.

The **ACTIVE LEARNER** pattern is taken from *Active Learning Patterns for Teachers* [35].


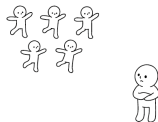
Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Active learner</p> 	<p>You want your students to learn things more actively. In this context, however, students will keep expecting teachers to tell them what to do, as long as you believe that you are at the center of the class, organizing everything for them. <b>Therefore, create an environment which encourages students to recognize what is important to learn, and help them to take independent action.</b></p>	<p><i>Active Learning Patterns for Teachers</i></p>

4.6 Be sure to **CHECK THE SOURCE** when you get new information and keep a **QUESTIONING MIND**.



Perhaps you are reading articles on the Internet more often than before in order to get information to understand the current situation and trends in the world. While some of this information will be useful to you, some will be surprising. One thing to bear in mind is that not all that information is correct or accurate. **Therefore, make sure that you know where the information you get comes from and try to understand it while keeping the source in mind.** Consciously check who and where the information comes from, and who the source is. Then, use your **QUESTIONING MIND** to find the most reliable information, and use it to consider what the situation is like and what should be done from now on. By doing this, you can make better informed decisions while avoiding suspicious information.

The **CHECK THE SOURCE** pattern is taken from *Inquiry-based Learning Patterns* [36], and the **QUESTIONING MIND** pattern is taken from *Learning Patterns* [17, 20, 21, 37].

Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Check the Source</p> <p>Is that information not just somebody's interpretation?</p> 	<p>You are collecting information. In this context, if you end up believing that something inaccurate or that somebody's interpretation is accurate and correct, your following analysis, considerations, and conclusions will be skewed and will no longer hold any truthful meaning. <b>Therefore, make sure to check the accuracy and source of the information and try to determine how that information should be used in your inquiries.</b></p>	<p><i>Inquiry-based Learning Patterns</i></p>
<p>Questioning Mind</p> <p>Never forget to ask "why?"</p> 	<p>You've dedicated yourself to a certain activity. In this context, you cannot find any obvious reasons for what you are doing. <b>Therefore, confirm the meanings of your assumptions by questioning yourself again.</b></p>	<p><i>Learning Patterns</i></p>


4.7 Make your own **PERSONAL BOOKSHELF** at home filled with everything that excites you.



It may be a little difficult to spend a long time and relax in a bookstore this year. **Therefore, buy the books that you want to read or that interest you, and put them on your own bookshelf at home.** A bookshelf created in this way should be the most exciting bookshelf in the world for you. Then, you can gaze at the books from in front of the bookshelf, read them there and then, and just enjoy the experience. Bookshelves are more than simply a place to store books that you have read. It is a place that you fill with books you want to read so that you can always come across them. A bookshelf created in this way will be the one and only place that has your own view of the world. You can change the way you interact with books simply by creating a place for them, and you will be able to enjoy gazing at them and reading them.

The **PERSONAL BOOKSHELF** pattern is taken from *Life with Reading* [38,39].




Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
Personal Bookshelf 	Even if you find a book that draws your interest, you may not purchase it if you feel that you will not read it right away. However, you may forget about that book over time, or may not be able to find it again when you want it. <b>Therefore, try to purchase a book at the moment it catches your attention, and have it stashed on your bookshelf for later.</b>	<i>Life with Reading</i>

4.8 When teaching your family something, make them start as **COPYCAT LEARNERS**.



You may have to teach your child how to study, or teach someone in your family how to do a certain chore. In such cases, **show them how to do it by doing it yourself and have them start by imitating you**. Lev Vygotsky, the “Mozart of Psychology” who researched and studied learning, revealed that people only learn in a zone where they can be taught and supported. This applies not only to children, but also to adults. When teaching your family how to cook or do a certain chore, it will not go well if you leave it up to them from the beginning. Instead, show them how to do it so they can copy you and do it themselves. By doing this, they will be able to continue and learn through experience.

The **COPYCAT LEARNER** pattern is taken from *Learning Patterns* [17, 20, 21, 37].


Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
Copycat Learner <small>Begin by imitating the master.</small> 	You have just started to learn new skills, maybe after performing Jump In. In this context, it is difficult to find your own way from the beginning. <b>Therefore, begin by imitating others so that you can learn.</b>	<i>Learning Patterns</i>

4.9 Build an **AMUSEMENT COMMITTEE** to create and carry out fun plans!



In the current situation due to the pandemic, it is difficult to travel, go drinking with friends, or simply go out to have fun. In situations like this, it is common to get bored doing the same things with the same people. **Therefore, because of the sort of situation we are in, create fun projects that will add color to everyday life while involving various people.** For example, you will find sharing an image of a bonfire and watching it while talking, as if you were camping, to be a unique and impressive experience. If you search on YouTube, you can find the image of the bonfire, and by sharing your screen with this video on Zoom, you can relax and talk with each other while listening to the crackling sound of the fire. In this way, by creating an exciting project with your family, relatives, friends, etc., your feelings will become more positive and you can have a lot of fun. Additionally, by planning together, you can feel a sense of unity. Thus, let us create our own wonderful time during this situation and enjoy it to its fullest.

The **AMUSEMENT COMMITTEE** pattern is taken from *Words for a Journey* [27-29].



Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
Amusement Committee <small>A fun event with family living far away.</small> 	Some family members are taking central roles in caregiving. In this context, family and relatives who live far away rarely get a chance to spend time with the person who has dementia. <b>Therefore, set up a fun event and get different family members and relatives involved in planning it.</b>	<i>Words for a Journey</i>

4.10 As a **FAMILY EXPERT**, sort out information and tips to **SEARCH FOR A STYLE** that suits your family.



Every day, we receive various pieces of information such as news about COVID-19 and its countermeasures, the latest statistics on those infected, knowledge about teleworking, education, parenting, and online tools, etc. Some of this information will suit your family and lifestyle, while other elements will not. **Therefore, instead of trying to include everything, try to include only what fits you and your family’s situation and personality.** You can simply let everything else go without worrying about trying to include it. Alternatively, consider other ways to achieve the same thing. In this way, you and your family can create your own style.

The **FAMILY EXPERT** pattern is taken from *Words for a Journey* [27-29] and the **SEARCH FOR A STYLE** pattern is taken from *Ways of Everyday World-Making* [30].


Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Family Expert</p> <p>What happens at home, family members know best.</p> 	<p>You have been collecting information about dementia care from books and the Internet. In this context, there is no guarantee that all of the information will work perfectly in your situation. <b>Therefore, become an expert who searches for and collects information that would be helpful specifically in your home.</b></p>	<p><i>Words for a Journey</i></p>
<p>Search for a Style</p> <p>Your one-of-a-kind style.</p> 	<p>You want to be an excellent parent. In this context, there will be a lot of cases in which you will not be sure what to do. <b>Therefore, take into consideration the personalities of your family members and the current situation, and explore the perfect parenting style that suits your family.</b></p>	<p><i>Ways of Everyday World-Making</i></p>

4.11 Build a **FARM AT HOME** to have a lifestyle that has a connection with nature.



Whether it is going to the beach, going to the mountains, or playing in the river, spending time in the outdoors cleanses your feelings and makes you feel connected to nature. However, this year, it may be difficult to go to such significant places. **Therefore, understand that you can have a small part of nature close by you that you can spend time with.** You can grow vegetables in a garden or on the porch and connect with nature through them. Growing them with your children is also a great opportunity for sharing education regarding food and agriculture and helping them to create a relationship with nature. Growing various kinds of vegetables in parallel is recommended, because then you can enjoy various types every day. Because of the situation we are in, it is a great time to begin enjoying being close to nature as a family.

The **FARM AT HOME** pattern is taken from *Cooking Patterns* [40-42].




Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Farm at Home</p> <p>Cook with produce straight from your backyard.</p> 	<p>You want to use fresh, natural ingredients in your cooking. In this context, organic, fresh ingredients can be expensive or hard to get. <b>Therefore, grow ingredients in your backyard.</b></p>	<p><i>Cooking Patterns</i></p>

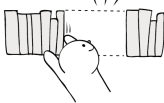
4.12 Make things in life **PLENTY SIMPLE**, have **QUALITY CHORE TIME** with your family and do yourself a **FAVOR FOR THE FUTURE** to give yourself time for **ROOM FOR TRIALS**.



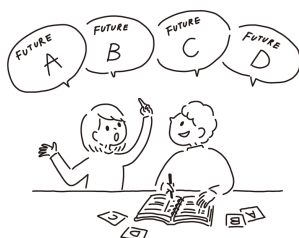
The way time is spent with family and the way work is done is very different to before. In a time when we are not free to move around as we wish, there are lots of things to do and worry about, and this can lead to a lot of stress. **Therefore, be as careful as possible to not make your schedule and plans complicated, and try to keep them simple.** When in doubt as to what to do, choose the simpler option. It is also important to reduce the amount of work that needs doing and to give yourself room to breathe. As a way of achieving this, you can combine the things you need to do in order to accomplish two or three things at once. For example, cook with your child or go for a walk with your child. By combining your tasks in such a way, you can kill two birds with one stone, and in some cases, three birds or more with one stone. Additionally, when cooking, you can give yourself room by preparing ahead of time. In this way, unraveling complex tasks to make them simpler is also a step toward starting a new trial.

The **PLENTY SIMPLE** pattern, **QUALITY CHORE TIME** pattern, and **FAVOR FOR THE FUTURE** pattern are taken from *Ways of Everyday World-Making* [30], and the **ROOM FOR TRIALS** pattern is taken from *Active Learning Patterns for Teachers* [35].

Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Plenty Simple Make your life less complex.</p> 	<p>You want to do well in both working and parenting. In this context, when you have limited time and are unable to do your work or housework with the quality you hoped for, you end up stressed and wishing you had done things better. <b>Therefore, if you are able to properly finish the important things, it is okay to postpone other things.</b></p>	<p><i>Ways of Everyday World-Making</i></p>
<p>Quality Chore Time Working together can turn chore time into quality family time.</p> 	<p>In your daily life, small things take up a lot of your time. In this context, if you focus on every small thing and try to tackle each one of them, you may become preoccupied and end up failing in the necessary things. <b>Therefore, re-evaluate what is necessary and be sure to make your actions, plans and environment as simple as possible.</b></p>	<p><i>Ways of Everyday World-Making</i></p>
<p>Favor for Future Do what you can while you can.</p> 	<p>How busy you are depends on the state of your work and family. In this context, when busy times at home and work overlap, you end up not being able to achieve the things you can usually do. <b>Therefore, if you have even a little spare time, use that time to finish things in advance.</b></p>	<p><i>Ways of Everyday World-Making</i></p>


<p>Room for Trials</p> 	<p>You want to develop a new way of teaching to promote the active learning of students. In this context, there are already too many things to teach and there is not enough time to teach additional things in class. <b>Therefore, capture the whole picture of the teaching curriculum provided, order your teaching priorities, and focus on what you really have to teach in class, so that you can spare time for additional challenges.</b></p>	<p><i>Active Learning Patterns for Teachers</i></p>
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4.13 Try **INCORPORATING THE FUTURE** so that you will be prepared for any future.



It is unclear how long the risk of infection from COVID-19 will continue. **Therefore, imagine possible “future scenarios” about what kind of changes will be possible in the next few years, and try to think of plans and methods to help you get through if any of them were to become reality.** The idea of “scenario planning” [43, 44] is helpful in doing this. When thinking about the future, people usually try to make a prediction about what will happen and they care about whether that prediction comes true. However, scenario planning is a bit different. In scenario planning, you predict multiple likely future scenarios and think about your current decisions in consideration of them all. Rather than focusing on one future, formulate policies, strategies, directions, and plans so that you will be okay in any future. In this way, prepare for any changes that may occur.

The **INCORPORATING THE FUTURE** pattern is taken from *Project Design Patterns* [45-47].



<p>Pattern Name, Introduction, and Pattern Illustration</p>	<p>Pattern Description (Context / Problem / Solution)</p>	<p>Pattern Language</p>
<p>Incorporating the Future</p> <p>Create a project that is great now and for many years to come.</p> 	<p>Your project contains brand-new ideas that are being implemented for the first time. In this context, if your project is specifically designed for the current market, then it may become outdated or irrelevant as time passes. <b>Therefore, predict future changes in needs and services, and use your predictions to design a project that will continue to be valuable.</b></p>	<p><i>Project Design Patterns</i></p>

4.14 Share **WORDS OF THANKS** and give your family the **GIFT OF WORDS**.



The way we work from home and the way children spend their daytime has changed, and we have more time to spend at home with our family. Most of us are living and working alongside our families in a limited space, helping each other out to do what each of us can. **Therefore, remind yourself of the emotional support your family gives you and the other things they do for you, and express your gratitude in words.** Look at things from the perspective that everything in your current life is a miracle, not something you should take for granted. Doing this will help you realize that things that are going well could go bad at any moment. However, things continue to go well because people are working to keep things that way. Consider how your environment and lifestyle are going well thanks to the actions and efforts of somebody, and reaffirm your gratitude for their hard work. Express that feeling of gratitude by putting it into words for them to hear.

The **WORDS OF THANKS** pattern is taken from *Collaboration Patterns* [33, 34], and the **GIFT OF WORDS** pattern is taken from *Words for a Journey* [27-29]


Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Gift of Words</p> <p>A "Thank You" is a great gift to give.</p> 	<p>You are gaining support from many people around you. In this context, you are feeling grateful toward these people, but they will not understand if it is just in your mind. <b>Therefore, express your thankfulness in words.</b></p>	<p><i>Words for a Journey</i></p>
<p>Words of Thanks</p> <p>Conveying your feelings of thankfulness.</p> 	<p>The project is operating. In this context, you take the environment you are in for granted, and don't notice the efforts and kindness of others. <b>Therefore, reconsider the environment that you are in and show thankfulness for the support you are receiving.</b></p>	<p><i>Collaboration Patterns</i></p>

4.15 Appreciate the irreplaceable times that will become **PRECIOUS MEMORIES** and save them as pictures.

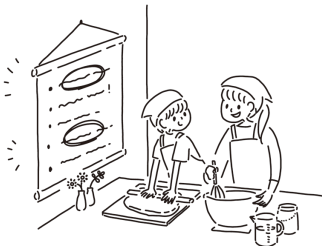


Everyone thought that the “usual” days of sightseeing, vacations, shopping on weekends, playing in amusement parks, etc. would happen again this year. However, in reality, we are spending our time in a very different way. Unable to do much, many of us feel caged and blocked. However, if you think carefully, the most important thing is to not become distanced from the fact that we are living each day. You are alive, you may be with your family, and you most likely have someone you care about. None of that is being compromised by this lifestyle. We are living through a time that, in the future, we may think of as irreplaceable. **Therefore, value this irreplaceable time that you have to be yourself and to spend with your family.** Make sure to take many pictures of your days throughout this time. Only we are able to keep these memories and record these moments. Value what you have now, not what has been lost. Then, you will overcome this difficult situation, survive, and someday look back nostalgically at this time with a smile.

The **PRECIOUS MEMORIES** pattern is taken from *Ways of Everyday World-Making* [30].


Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Precious Memories</p> <p>Appreciate the precious time you spend with your family.</p> 	<p>You shape the everyday world you live in. In this context, if you follow only what is right in front of you, the days may pass with you unable to savor the rare moments of your child's growth. <b>Therefore, savor and value the irreplaceable time you spend with your family.</b></p>	<p><i>Words for a Journey</i></p>

4.16 Rather than focusing on things you cannot do in this situation, write a **CAN-DO LIST** and live positively.



In thinking about the risk of infection and refraining from going out, many of the things you could easily do before are not possible now. Plans you were looking forward to may have been canceled or you may have had to change things last minute. Even if you knew it could not be helped, you may feel quite down about it and possibly feel very inconvenienced. If you remain down in this way, however, nothing good will come about. **Therefore, get a paper and pencil and write down everything that you can do. It is also a good idea to have fun with your family and do this as a sort of family brainstorm.** By doing this, you will find that there are still many things you can do. When you realize this, the feeling of being stuck will be alleviated and you will start to feel more positive. You will understand that you can actually do what you like. Focusing on what you can do, not what you cannot do, will make the future brighter and more enjoyable.

The **CAN-DO LIST** pattern is taken from *Words for a Journey* [27-29].

Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Can-Do List</p> <p>Don't get too depressed by the things you can't do.</p> 	<p>You are trying to live positively with dementia, but there will still be times when you feel down. In this context, you may feel trapped by sad feelings caused by fright and worries about your future. <b>Therefore, make a list of the things that you can still do now.</b></p>	<p><i>Words for a Journey</i></p>


4.17 Realize that you can understand any strange behavior by looking at people’s **EXPERIENCED WORLD** from an **INNER VIEWPOINT**.




The current situation is unusual and stressful for everyone. A family member saying something offensive without even thinking about you, not being able to chat calmly with colleagues or friends, or even children acting in a selfish or emotional fashion are all ways that people around you may be mentally upset or weakened, and it may be happening to those around you. In such cases, **talk with them and imagine what they may be going through to get an inner viewpoint of the “world” they are living in, and try to understand how their feelings or thoughts came about.** Listen to them and have a conversation with them to imagine and see how they see the world and what sort of world they are living in. Use this understanding to appreciate why they have such feelings, and why they said what they said or did what they did. This will allow you to understand to some extent the “world” in which they are living and the emotions that accompany it. Through such a deep understanding, you can build an even better relationship with family and

friends.

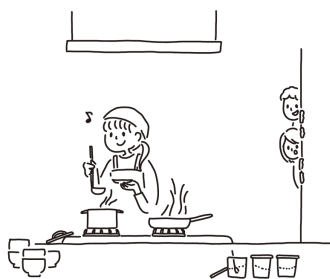
The **EXPERIENCED WORLD** pattern and the **INNER VIEWPOINT** pattern are taken from *Words for a Dialogue* [48-50].

Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Experienced World</p> <p>Feel the “world” in which they are living.</p> 	<p>You want to understand a problem and a person’s concerns about it. In this context, if you try to understand what the other person is saying from your own perspective, you cannot understand what is truly meant. <b>Therefore, hold a dialogue and try to understand how they perceive things within the “world” in which they are living.</b></p>	<p><i>Words for a Dialogue</i></p>





<p>Inner Viewpoint</p> <p>Immerse yourself into the 'world' in which they are living.</p> 	<p>You listened to them talk about their experience. In this context, if you interpret their story from your perspective only, you cannot fully realize what meaning it holds for them and what feelings emerge from it. <b>Therefore, feel the experience they shared with you as though it is your own by imagining how they see the world through their perspective.</b></p>	<p><i>Words for a Dialogue</i></p>
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4.18 Rather than trying to do everything by yourself, rely on your family to give them a **CHANCE TO SHINE** or let your children grow by being a **CHILD IN CHARGE**.



Due to remote working from home and education going online, many families are spending more time at home and many things are being done at home. As a result, tidying up and cleaning becomes difficult, and with so much to do, the house becomes chaotic and it becomes hard to calm down mentally. **Therefore, leave some of the household chores and other tasks for other family members to do.** If it is something that leads to the success and growth of the other person, it is even better. Then, the roles and positions within the family will change, and each person will grow. In other words, what you are doing when relying on others is creating opportunities for other people to succeed and grow. In such a way, you can work to overcome this difficult situation by cooperating with your family.

The **CHANCE TO SHINE** pattern is taken from *Words for a Journey* [27-29], and the **CHILD IN CHARGE** pattern is taken from *Ways of Everyday World-Making* [30].


<p>Pattern Name, Introduction, and Pattern Illustration</p>	<p>Pattern Description (Context / Problem / Solution)</p>	<p>Pattern Language</p>
<p>Chance to Shine</p> <p>Small contributions matter.</p> 	<p>You are putting effort into caregiving. In this context, if you do everything for the person, including the tasks that they can do on their own, eventually they become unable to do anything. <b>Therefore, provide small opportunities for the person with dementia to contribute to the family.</b></p>	<p><i>Words for a Journey</i></p>
<p>Child in Charge</p> <p>Provide your children with opportunities to do things on their own.</p> 	<p>You want to make your child more accustomed to doing things on their own. In this context, if you worry too much about time and efficiency, you might end up unintentionally doing things for your child that they can do themselves. <b>Therefore, devise ways to give your children opportunities to do things that they can do by themselves.</b></p>	<p><i>Ways of Everyday World-Making</i></p>

4.19 Recognize this time as a great chance for an **EXPANSION OF INTERESTS** and widen your world.



In the current situation, people are not able to live like they used to. Moreover, it is difficult to keep up with change, and it is easy to get tired. You may be lacking in excitement or something that adds color to your life. **Therefore, start something that you have shown a little interest in but could not get started on before, broaden your interests, and give yourself time to be excited.** Doing what you like makes you feel fulfilled and refreshed. Also, being able to feel your growth and being able to gradually do things that you could not before will help you feel brighter and more positive even in the current situation. You can expand your world even when staying at home.

The **EXPANSION OF INTERESTS** pattern is taken from *Project Design Patterns* [45-47].



Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Expansion of Interests</p> <p>Expanding your interests triggers creative ideas.</p> 	<p>You want to enjoy designing your project and create exciting projects. In this context, even if you work very hard at your job, it can be difficult to produce exceptional results. <b>Therefore, maintain enough time for your hobbies and personal life, and expand your interests so that you can incorporate these feelings of excitement and fun into your work.</b></p>	<p><i>Project Design Patterns</i></p>

4.20 By showing interest in your **INTERESTING PINPOINT**, as a parent, you can help your children raise their **EXCITABILITY**.



Children are very enthusiastic about what they are interested in. When they are interested in something, they want to know more about it and dig deeper. **It is possible to raise a sense of curiosity and interest in your children by demonstrating and sharing your own curiosity and interests.** In other words, getting genuinely excited about your interests will give your children opportunities to show interest in things themselves. If adults and children can become friends that express their interests, every day will become more fun.

The **INTERESTING PINPOINT** pattern is taken from *Inquiry-based Learning Patterns* [36], and the **EXCITABILITY** pattern is taken from *Omotenashi Design Patterns* [51, 52]


Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p data-bbox="310 390 472 415">Interesting Pinpoint</p> <p data-bbox="321 426 461 457">One can find an interesting point in anything.</p> 	<p data-bbox="532 394 1243 558">Your interests and assigned common theme do not match. In this context, if you stop thinking that there is nothing you can do because your theme is already set, you will begin to feel forced and not feel curious about the theme. <b>Therefore, discover a point that you find interesting or can relate to your interests by researching a bit about your assigned common theme.</b></p>	<p data-bbox="1268 436 1409 516"><i>Inquiry-based Learning Patterns</i></p>
<p data-bbox="347 642 435 663">Excitability</p> <p data-bbox="329 674 461 705">Discover something interesting in everything.</p> 	<p data-bbox="532 657 1243 793">You want to learn widely about your region and field. In this context, if you try to start learning because it is necessary for your job, it will be difficult to build the motivation to actually learn. <b>Therefore, learn while becoming interested by looking at things from a point of view that interests you.</b></p>	<p data-bbox="1268 684 1390 764"><i>Omotenashi Design Patterns</i></p>


4.21 Make sure to **TAKE ONE BREATH OUT** and give an **ACKNOWLEDGMENT OF EFFORTS** when any of your family members make a mistake or fail.



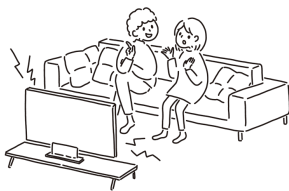
Your family may split the housework, or have you help them (or vice versa). In such a case, what you can do well on your own may lead to failure or mistakes when someone unfamiliar with the task carries it out. If a family member makes mistakes or fails at something and you respond or point out their mistakes with frustration, it can lead to an argument and worsening relationships. **Therefore, first, take a deep breath, calm down, and only react after doing so to prevent yourself from sharing negative feelings.** It is an unfortunate thing that a mistake has occurred, but it may be the result of thinking about and making an effort for someone. That is why you must recognize that they are working hard, so respect them, and communicate this to them. That way, the other person can learn from their mistakes and grow without having to shut you out or lose confidence. You will also be able to maintain a good relationship without feeling emotional or becoming exhausting.

The **TAKE ONE BREATH OUT** pattern and the **ACKNOWLEDGMENT OF EFFORTS** pattern are taken from *Words for Nurturing a Community* [53].

Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p data-bbox="310 1675 472 1701">Take One Breath Out</p> <p data-bbox="313 1709 469 1740">Keep the learning environment calm and filled with warmth.</p> 	<p data-bbox="532 1680 1260 1843">A teacher made a mistake. In this context, if you point out the mistake and impose tough rules about it without getting rid of your frustration, it may damage the relationship and cause teachers to turn away from the problem. <b>Therefore, before you go and handle the problem, take a moment to calm yourself down and avoid letting your frustration out.</b></p>	<p data-bbox="1284 1717 1409 1797"><i>Words for Nurturing a Community</i></p>


<p>Acknowledgement of Efforts</p> <p>Remember that you walked through the same way.</p> 	<p>You hope that teachers can develop smoothly. In this context, even if they work hard all the time, they sometimes struggle and lose their confidence as a teacher. <b>Therefore, acknowledge the efforts being made by teachers, and try to understand their feelings as much as possible, as a teacher who has experienced the same struggle.</b></p>	<p><i>Words for Nurturing a Community</i></p>
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4.22 Even if your leader is not good, turn their failures into knowledge by **STUDYING NOT-SO-GOOD CASES**.



In times of crisis like this, the competence of organizational and social leaders is tested. Some leaders may be as competent in this situation as you assumed they would be, while some may do as bad as you assumed they would do. Even in such times, there are things that will come out of this that can be utilized for our future, for instance, case examples. There are many things you can learn by studying a case, no matter how poor or bad it is. **By studying bad cases, you can learn what to do or not to do to avoid such an outcome.** One can learn from the failures, and of course the successes, of others. The current situation has many examples of such opportunities to learn.

The **STUDYING NOT-SO-GOOD CASES** pattern is taken from *Project Design Patterns* [45-47].

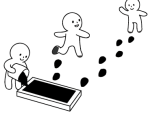

Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Studying Not-So-Good Cases</p> <p>The mistakes of others can give you clues for success.</p> 	<p>You encounter a service or design that is unappealing to you. In this context, if you regard an unappealing example as something that is not worth paying attention to, then you miss out on an opportunity to learn from it. <b>Therefore, examine cases that are unappealing to you or have a bad reputation in order to determine the reasons for such results and to learn from them.</b></p>	<p><i>Project Design Patterns</i></p>

4.23 Be prepared for the worst case by sharing your **ACTIVITY FOOTPRINTS** with your family and colleagues and having them as a **HOSPITALITY TEAM**.



There are many people all over the world who have passed away due to COVID-19. In this situation, it would not be surprising for anyone to become infected, so you cannot deny that you could possibly become infected. Being careful can reduce the risk, but not to zero. If that is the case, then it could be said that it is necessary to keep in mind what may happen in such a case. For example, **in case of an emergency, share information that only you can access with family and colleagues.** That way, in the unlikely event that something happens to you, that information does not get lost or become inaccessible. It is important that, even when hoping that such a day will not come, you must be prepared.

The **ACTIVITY FOOTPRINTS** pattern is taken from *Collaboration Patterns* [33, 34], and the **HOSPITALITY TEAM** pattern is taken from *Omotenashi Design Patterns* [51, 52].


Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Activity Footprints</p> <p>Leaving tracks of hard work.</p> 	<p>The team is thinking of methods to communicate information. In this context, team members will not fully understand what is being done when information is shared through ordinary progress reports. <b>Therefore, share the progress of each person with the whole team and make it possible to track down past versions of everyone's work in chronological order.</b></p>	<p><i>Collaboration Patterns</i></p>
<p>Hospitality Team</p> <p>Relationships with customers are a team effort.</p> 	<p>You want to continue to provide your customers with good experiences. In this context, if only you build a good relationship with a certain customer, there is a possibility they will not receive the same amount of hospitality as they expect when they interact with other employees. <b>Therefore, connect your whole team to give your customers good experiences. Share with your team members what you learn about your customers when you interact with them. Make sure that every member understands how it relates to them.</b></p>	<p><i>Omotenashi Design Patterns</i></p>




4.24 Use your Empathetic Imagination to think of your loved ones Undiscovered Wants and do a Little Something Extra to make plans with Room for Commitment.



Even on weekends or holidays, it is hard to travel or to go out. It is likely that children will be hoping for something special to happen because it is a long-awaited day off. **Therefore, imagine other people's feelings and come up with great ideas that will make your family happy.** Then, when you come up with an idea, add another step so that there is room for people to get attached to the idea. Instead of deciding everything by yourself, leave the freedom of choice for your other family members. By doing this, everyone will be happy and enjoy having been able to make decisions, letting you and your loved ones spend a wonderful time together.

The **EMPATHETIC IMAGINATION** pattern and the **LITTLE SOMETHING EXTRA** pattern are taken from *Omotenashi Design Patterns* [51, 52], and the **UNDISCOVERED WANTS** pattern and the **ROOM FOR COMMITMENT** pattern are taken from *Project Design Patterns* [45-47].

Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Empathetic Imagination</p> <p>Do not just think in their shoes, think in their feelings.</p> 	<p>You want to provide such good hospitality to your customers that they praise you. In this context, simply offering things or services that you have confidence in may not be enough to please your customers. <b>Therefore, think about things from their point of view and try to understand their feelings to determine what they want and what you can do to please them.</b></p>	<p><i>Omotenashi Design Patterns</i></p>


<p>Undiscovered Wants</p> <p>New value comes from unmet wants.</p> 	<p>You are trying to come up with a concept for your project. In this context, if you try to create services to meet customer needs that have already been met, you will not create new value and will be pulled into price competition with other services. <b>Therefore, target the hidden wants of customers and create a new service to meet such wants.</b></p>	<p><i>Project Design Patterns</i></p>
<p>Little Something Extra</p> <p>Do not spare the effort of adding one more step.</p> 	<p>You received a question or request from your customer. In this context, if you simply respond to their question or request, you will lose a chance to offer them a pleasant surprise or move them. <b>Therefore, give your customers a little bit more than they asked for by adding some information they would definitely enjoy, or by doing one extra thing in response to a request.</b></p>	<p><i>Omotenashi Design Patterns</i></p>
<p>Room for Commitment</p> <p>Some incompleteness leaves room for collaboration.</p> 	<p>You are presenting your project idea to your client. In this context, if the initial plan is too thorough and complete, then the project will feel like a one-sided proposition and the client will not have any room to suggest changes. <b>Therefore, create a solid framework for your project while leaving some aspects undecided so that your client can add their ideas and suggestions.</b></p>	<p><i>Project Design Patterns</i></p>

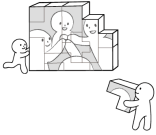
4.25 Consider what Job-Specific Contributions you can do and do your Part to Contribute.



Due to the spread of the pandemic and the risk of infection, the situation in our society has changed greatly from what it was a few months ago. In the midst of these changes, people are facing various difficulties. In new situations, new challenges, worries, and problems emerge. **Therefore, think about how the current world and people in it could possibly benefit from your work and specialty, and do something about it.** If you look at it from the point of view of your work or specialty, you will find many ways that you can help the situation. In that way, it would be good if everyone gradually did what they are good at and what they can do in order to create a society where we can help each other.

The **JOB-SPECIFIC CONTRIBUTIONS** pattern is taken from *Words for a Journey* [27-29], and the **PART TO CONTRIBUTE** pattern is taken from *Collaboration Patterns* [33, 34].

Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Job-Specific Contributions</p> <p>What can I do to help?</p> 	<p>Approximately eight million people are believed to have dementia today, including people who potentially have dementia, in Japan alone. One in four elderly people have either dementia or are showing early symptoms of the disease. In this context, though people with dementia need help in a wide variety of areas in their daily life, little effort is made to provide assistance outside the medical and welfare fields. <b>Therefore, create an opportunity to think about how you can help with the issue of dementia in your work, and put your ideas into practice.</b></p>	<p><i>Words for a Journey</i></p>



<p>Part to Contribute</p> <p>What would the team lose without you?</p> 	<p>The project has begun, and the team is about to start on specific tasks. In this context, you can't find any opportunity to fully commit yourself to the project, and your motivation will diminish since you are in the project team just to be a part of that team. <b>Therefore, think for yourself about how your specific knowledge and skills can be used for the project.</b></p>	<p><i>Collaboration Patterns</i></p>
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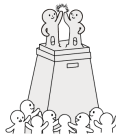
4.26 As a **TEST FOR FIT**, if you **BE AUTHENTIC!** and do things with the aim of trying to **CREATE A LEGEND**, your attempts and challenges will become even more interesting.



Nowadays, people are having to increasingly adapt to new situations. The harder you try, the more you become dependent on the situation and lose your own independence. **Therefore, think proactively in response to making changes, moving forward, pioneering, and striving to provide a new model, rather than just reacting to new situations.** First of all, think of your new actions and activities as an experiment. Thinking this way makes it easier for you to take on bold challenges. Furthermore, if you experiment at all, it is a good idea to work with the aim of creating a legend. That way, instead of just dealing with the situation behind the scenes, it can be a positive and meaningful time in your life. When you look back later, it will be up to you whether you see this as simply a difficult time or a time that shaped you to become the person you are.

The **TEST FOR FIT** pattern is taken from *Ways of Everyday World-Making* [30]; the **BE AUTHENTIC!** pattern is taken from *Presentation Patterns* [22-24]; and the **CREATE A LEGEND** pattern is taken from *Collaboration Patterns* [33, 34].

<p>Pattern Name, Introduction, and Pattern Illustration</p>	<p>Pattern Description (Context / Problem / Solution)</p>	<p>Pattern Language</p>
<p>Test for Fit</p> <p>If you frame things as experiments and give them a try, you can make discoveries.</p> 	<p>You want to improve your family lifestyle. In this context, if you avoid new things because you do not know if it will fit your family's lifestyle or if it will have a good outcome, nothing will change. <b>Therefore, think of yourself as a test subject and try things out, and then decide whether to continue according to the results.</b></p>	<p><i>Ways of Everyday World-Making</i></p>
<p>Be Authentic!</p> <p>Your presentations can only be as good as you are.</p> 	<p>You want to give a truly Creative Presentation. In this context, you feel your presentations lack some depth and quality. Therefore, be authentic! Live your way of life.</p>	<p><i>Presentation Patterns</i></p>



<p>Create a Legend</p> <p>A project whose story will be passed down to the next generation.</p> 	<p>The team is working on their project. In this context, the project will be absorbed by all the other events that are going on and will not remain in people's minds. <b>Therefore, aim for a project that will become a part of history, with the mindset of changing the world.</b></p>	<p><i>Collaboration Patterns</i></p>
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4.27 Make sure you are **SELF-CHARGING** by taking **PERSONAL TIME** to do what you want or just relax.



For many people, self-quarantine, remote work, or online classes result in most of their time being spent at home with their family. Being with family is without a doubt a good thing, but it is also essential to have time alone to do things at your own pace, think, or just space out. **Therefore, try to work things out so you can secure your own time and recharge.** For example, give yourself time to just spend alone in your room. Get up early, spend time alone at night, or go for a walk alone. Gardening, everyday cooking, and simple cleaning are also easy times to be alone. Having time alone can relax you and make you more positive. In fact, your time alone is not just for yourself. There will be an effect on not only you but your whole family, and having each family member have their own time will bring about better relationships.

The **SELF-CHARGING** pattern is taken from *Words for Nurturing a Community* [53], and the **PERSONAL TIME** pattern is taken from *Words for a Journey* [27-29].

Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Self-Charging</p> <p>Keep enough time for being yourself.</p> 	<p>You and other people in the kindergarten work very hard every day. In this context, passionate people who are very motivated to work are likely to become overloaded and exhausted. <b>Therefore, create a system and atmosphere to support every staff member to take enough time for themselves and help them to maintain a good balance between work and personal life.</b></p>	<p><i>Words for Nurturing a Community</i></p>
<p>Personal Time</p> <p>Time you spend on yourself becomes a source of smiles for others.</p> 	<p>You are spending much of your time caring for your diagnosed family member. In this context, if you become too devoted to caregiving, you will eventually become emotionally tired and lose your sense of self. <b>Therefore, acquire cooperation from the people around you and take time off for yourself.</b></p>	<p><i>Words for a Journey</i></p>





4.28 Make sure to recognize your weaknesses on occasion and share them with a **VULNERABILITY DISCLOSURE** and create a **COMMUNITY FOR THE FUTURE** by overcoming them together.

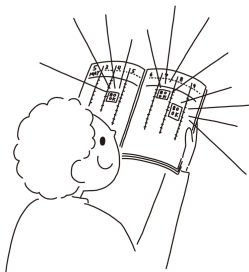


In such an unusual situation, even though we are working hard every day, the difficulties do not diminish. Even so, for many, the only thing they seem to do is try even harder while somehow replenishing their energy. Even if you know that, sometimes you may want to share a particular weakness. At times like that, **share a vulnerability disclosure with your friends and family.** You will be able to do so naturally if you can recognize that even your weaknesses are a part of you and being a human. Sharing weaknesses strengthens ties with family and friends. Weakness does not end in weakness. Rather, it returns as strength.

The **VULNERABILITY DISCLOSURE** pattern is taken from *Collaboration Patterns* [33, 34], and the **COMMUNITY FOR THE FUTURE** pattern is taken from *Words for a Dialogue* [48-50].


Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Vulnerability Disclosure</p> <p>One person's weakness becomes the team's strength.</p> 	<p>You have worries about the project. In this context, you keep these troubles and worries to yourself, and the stress is having a bad effect on the progress of the project. <b>Therefore, whether they are related to the project or not, disclose your troubles and worries to your team members.</b></p>	<p><i>Collaboration Patterns</i></p>
<p>Community for the Future</p> <p>People who have shared a dialogue.</p> 	<p>The problem was resolved through a continued dialogue. In this context, even if the problem disappears, new problems may appear in the future. Therefore, make sure that all participants know that resolving this problem through dialogue was a significant shared experience that will help them live more confidently and independently.</p>	<p><i>Words for a Dialogue</i></p>

4.29 Make time to read by putting it in your schedule to **BOOK THE DATE.**

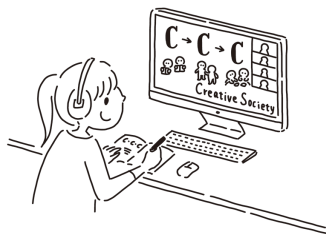


When you are busy with many things to do, it is easy to put off any books you want or need to read, and you will continue in that state of not getting around to it. **Therefore, make reading an actual plan that you put into your schedule.** To be specific, decide exactly what time on what day to read, and write it on your calendar or in your diary. Try to see it as your appointment to read a book, just as you would an appointment with someone else. Reading can be said to be a conversation with a book or with a distant author, so it can be achieved by making appointments properly rather than putting it off because it is a personal matter.

The **BOOK THE DATE** pattern is taken from *Life with Reading* [38, 39].

Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Book the Date</p> 	<p>You may find it difficult to find time for reading in your daily life. Even if you have a book that you want to read, other plans may get in the way. <b>Therefore, build time to read into your schedule and write it in your planner.</b></p>	<p><i>Life with Reading</i></p>

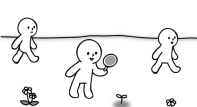
4.30 Recognize that everything being done online is a great **OPPORTUNITY FOR LEARNING** and jump into learning.



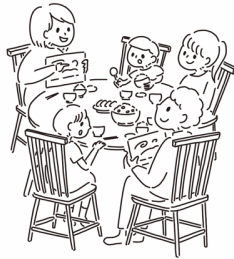
Since it is difficult to get together face-to-face, many lessons or courses that used to be done in a real classroom have moved online. With this sort of online learning environment, it is now possible to select even more diverse learning opportunities than ever before. **Now that the majority of things have gone online, it is a great opportunity to learn and jump into a new learning space.** You no longer need to be bound by geographical constraints and conditions. Also, non-real time archived content can be viewed at any time, in any place. In webinars, your audio is off, so you can listen to it while not worrying about your own sounds. If your baby cries or your child makes a noise, the organizer and other participants will not be bothered. More specifically, you can listen while cooking, eating, washing dishes, folding laundry, cleaning up, or organizing your room. There is no reason not to take advantage of this great opportunity.

The **OPPORTUNITY FOR LEARNING** pattern is taken from *Learning Patterns*

[17, 20, 21, 37].



Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Opportunity for Learning</p> <p>Opportunities for learning are created, not chanced upon or waited for.</p> 	<p>You are ready to learn, and perhaps you have a few expectations. In this context, there are few good opportunities for learning compared to your expectations. <b>Therefore, create your own opportunities for learning based on your interests.</b></p>	<p><i>Learning Patterns</i></p>

4.31 Go about **POLISHING SENSES** at home by discussing what you feel while looking over pictures and paintings to discover your **IMPORTANT VALUES**.

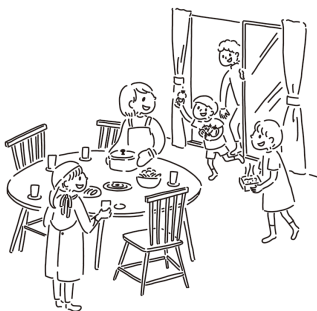


People develop their sensibility through various experiences. However, going out somewhere now is difficult considering the risk of infection while traveling or at your destination. **Therefore, gather ideas about how to polish your sensitivity while staying at home.** For example, search keywords such as “beautiful rainbows,” “beautiful dresses,” “breath-taking views,” “cute pandas,” etc., choose pictures that you particularly liked, and take time to explain why you liked them. An artistic dialogue where you discuss one specific painting or sculpture can be helpful as well. In this way, even at home, you can experience various things and develop your sensibility.

The **POLISHING SENSES** pattern is taken from *Collaboration Patterns* [33, 34], and the **IMPORTANT VALUES** pattern is taken from *Life Transition Patterns* [54].


Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Polishing Senses</p> <p>Appreciate rich and qualitative work.</p> 	<p>You want to continue with the Creative Collaboration. In this context, you become conscious of the work of others and don't personally pursue yours. <b>Therefore, obtain a better sense of quality by enjoying sensible work completed by others.</b></p>	<p><i>Collaboration Patterns</i></p>
<p>Important Values</p> 	<p>You want to look for places where you can get closer to your desired future. In this context, you may either not be able to find the right places at all, or you may find too many of them. <b>Therefore, come up with several options that interest you, compare them by looking into each in detail, and review what qualities / factors are important to you.</b></p>	<p><i>Life Transition Patterns</i></p>

4.32 Do what you can so that this experience can be composed of **PLEASANT MEMORIES** for you and your loved ones and you can one day reminisce on it.



We are continuing to live in a unique situation that is quite different from what we are used to. This is a new way of life every day, and today, this week, this month, and this year are all significant parts of our lives. **Therefore, it is important to make PLEASANT MEMORIES that you and your loved ones can look back on with a nostalgic smile in the future.** Create a way of life so that when you look back on this time, you will remember the many times you spent having fun and talking with your family just as much as you remember the difficulties. In the end, you must simply live in the present to create pleasant memories for later. By doing this, you will be able to say that, rather than a weird blur that disturbed your life, this time was an irreplaceable part of your life.

The **PLEASANT MEMORIES** pattern is taken from *Project Design Patterns* [45-47].

Pattern Name, Introduction, and Pattern Illustration	Pattern Description (Context / Problem / Solution)	Pattern Language
<p>Pleasant Memories</p> <p>Go beyond baseline satisfaction.</p> 	<p>You are engaging in Flat Collaboration with someone in your work. In this context, if you simply create something within your client's expectations, then the project will achieve nothing more than what was already expected. <b>Therefore, instead of simply focusing on creating good output, make the process of Flat Collaboration enjoyable.</b></p>	<p><i>Project Design Patterns</i></p>

## 5. CONCLUSION

This paper introduced a project created to support people living through the COVID-19 pandemic by gathering patterns from the many pattern languages we have made in various domains and applying them to be helpful in the current situation. This project is an attempt to support people who find themselves in a very sudden societal crisis through the *Pattern Language Remix* of existing patterns. The result of this attempt was that it is indeed possible.

As I am writing this paper, it is not clear what sort of situation society or the reader will be in when this paper is presented or when one is reading it. I wish for a situation without any unnecessary risks or worries, but unfortunately, there is a large chance that we will still be living a more or less limited lifestyle.

No matter what the situation society is in at the time of reading this, I hope that you find it useful and are able to use it to improve your lifestyle even a little (the contents of this book will serve as useful even after the COVID-19 situation has returned to normal). I pray that the day when we can reminisce on these times comes as soon as possible.

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