

Simple Acts of Sanity: A Seed Catalogue

By Ruth and Peco Gaskovski

All the actions listed here, are practices that readers shared in the comments section of [Sowing Anachronism: How to be Weird in Public, and Private](#). *Please Note: We are not suggesting that you need to follow all these practices or any of them. Use them simply as inspiration from other readers. Pick the ones that speak to you, or come up with your own.*

Technology Use (reducing, altering, removing, replacing)

<input type="checkbox"/> Build in personal meetings with clients rather than online only interactions
<input type="checkbox"/> Cycle instead of using a car to get a better sense of distance, time, and climate
<input type="checkbox"/> Delete excess photos from your phone
<input type="checkbox"/> Develop film yourself
<input type="checkbox"/> Don't link e-mail to your phone
<input type="checkbox"/> Don't own a TV
<input type="checkbox"/> Get a dumb phone
<input type="checkbox"/> Get a land line
<input type="checkbox"/> Get a point-and-shoot camera/disconnected smartphone for taking pictures
<input type="checkbox"/> Get a typewriter
<input type="checkbox"/> Give up social media
<input type="checkbox"/> Give your teens wisephones/lightphones instead of smarthpones
<input type="checkbox"/> If using an iPad, restrict functionality (delete built-in apps, add screen time limits)
<input type="checkbox"/> If you publish a digital magazine, provide printed copies
<input type="checkbox"/> Keep a clock that makes audible sound (like ticking or hourly chime)
<input type="checkbox"/> Keep a paper planner
<input type="checkbox"/> Keep a white board calendar
<input type="checkbox"/> Keep your living room free of a television
<input type="checkbox"/> Leave your phone at home when you go out

<input type="checkbox"/> Listen to music on CD or records
<input type="checkbox"/> Live by natural time rather than clock time
<input type="checkbox"/> Maintain a landline as stationary family phone
<input type="checkbox"/> Make a physical photo album from a small selection of your digital photos
<input type="checkbox"/> Purchase a print subscription to newspaper/ magazine rather than digital
<input type="checkbox"/> Reduce the number of apps on your phone
<input type="checkbox"/> Refuse to use Amazon
<input type="checkbox"/> Send letters to family and friends to share news and say hello instead of facebook etc.
<input type="checkbox"/> Send voice messages to friends
<input type="checkbox"/> Set specific hours for phone use
<input type="checkbox"/> Spend time in tech-free spaces
<input type="checkbox"/> Switch to a flip phone
<input type="checkbox"/> Switch your phone to airline mode when walking
<input type="checkbox"/> Use a film camera
<input type="checkbox"/> Use a local ordinance survey map to walk public footpaths and countryside
<input type="checkbox"/> Use a pocket note book as a planner instead of your phone
<input type="checkbox"/> Use a radio in the car
<input type="checkbox"/> Use a record player and listen to vinyl
<input type="checkbox"/> Use a watch instead of your phone to tell time
<input type="checkbox"/> Use an e-reader with a backlit screen (so as not to be distracted by the internet)
<input type="checkbox"/> Use an old Polaroid to make photos
<input type="checkbox"/> Use film for still photography
<input type="checkbox"/> Use message apps on computer instead of smart phone to set boundaries
<input type="checkbox"/> Use paper maps when hiking or camping instead of GPS
<input type="checkbox"/> Use portable CD players (found at thrift stores)

<input type="checkbox"/> Use the “manual” rather than the automatic door entrance
<input type="checkbox"/> Use Victorian-style “calling cards” to give to people to get in touch with you
<input type="checkbox"/> Use video chat instead of texting
<input type="checkbox"/> Watch movies on DVD
<input type="checkbox"/> Write your grocery lists by hand instead of your phone
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Embodied & Mental Practices

<input type="checkbox"/> Always carry a journal with you
<input type="checkbox"/> Build a Little Free Library
<input type="checkbox"/> Complete a daily (ink) drawing
<input type="checkbox"/> Craft in public
<input type="checkbox"/> Dance in community: polka, square dance, waltz, Virginia reel
<input type="checkbox"/> Draft all essays on paper
<input type="checkbox"/> Draw
<input type="checkbox"/> Exchange letters with friends
<input type="checkbox"/> Find books to read from free book racks at recycling depots, railway stations, etc.
<input type="checkbox"/> Give handmade gifts for Christmas

<input type="checkbox"/> Go to the library frequently for new reading material
<input type="checkbox"/> Hand-write and hand-address Christmas cards
<input type="checkbox"/> Journal in a notebook
<input type="checkbox"/> Keep a Commonplace quote book as a standard reading habit
<input type="checkbox"/> Keep a daily journal
<input type="checkbox"/> Learn a language (such as Argentine Spanish)by talking to everyone you can, make notes in longhand, carry a book of verbs
<input type="checkbox"/> Learn the tango
<input type="checkbox"/> Listen to audiobooks
<input type="checkbox"/> Make your own birthday cards for people
<input type="checkbox"/> Make your own Christmas wreath/ Advent calendar
<input type="checkbox"/> Paint
<input type="checkbox"/> Play the guitar
<input type="checkbox"/> Play the piano
<input type="checkbox"/> Practice an instrument
<input type="checkbox"/> Practice creative writing with pen and pencil
<input type="checkbox"/> Practice pottery
<input type="checkbox"/> Print out recipes and put them in a binder
<input type="checkbox"/> Read books during commute
<input type="checkbox"/> Read non-fiction and novels from earlier eras
<input type="checkbox"/> Read old books from lists such as John Senior's 1000 Good Books Johnathan Peageau's reading list or St.John's College Reading list
<input type="checkbox"/> Read physical books
<input type="checkbox"/> Read the newspaper in the library

<input type="checkbox"/> Read tons of books
<input type="checkbox"/> Reread books
<input type="checkbox"/> Roll beeswax candles
<input type="checkbox"/> Send Christmas cards
<input type="checkbox"/> Sing in a choir
<input type="checkbox"/> Sing in a local production
<input type="checkbox"/> Sing long songs from memory
<input type="checkbox"/> Sing traditional songs in groups (unaccompanied)
<input type="checkbox"/> Smash coloured rocks to make ancient paints
<input type="checkbox"/> Swing dancing
<input type="checkbox"/> Switch to a fountain pen
<input type="checkbox"/> Switch to writing by hand
<input type="checkbox"/> Take client notes by hand
<input type="checkbox"/> Teach yourself bookbinding
<input type="checkbox"/> Thrift clothing
<input type="checkbox"/> Try needle felting
<input type="checkbox"/> Type a page a day on a manual typewriter
<input type="checkbox"/> Upcycle garments, making them better
<input type="checkbox"/> Use a cookbook instead of defaulting to recipes online
<input type="checkbox"/> Use half-used paper (whenever possible) for notes
<input type="checkbox"/> Use pencil or ink pens
<input type="checkbox"/> Use reeds for quill pens and scrap metal for metal point drawing
<input type="checkbox"/> Write a novella in longhand

<input type="checkbox"/> Write ideas for online creative projects in a notebook before typing or editing
<input type="checkbox"/> Write in cursive
<input type="checkbox"/> Write letters by hand in public
<input type="checkbox"/>
<input type="checkbox"/>
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<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Self-sufficient, Minimalist Practices

<input type="checkbox"/> Bake bread
<input type="checkbox"/> Bake intricate pastries
<input type="checkbox"/> Bike
<input type="checkbox"/> Build a chicken coop
<input type="checkbox"/> Butcher your own meat
<input type="checkbox"/> Buy beef directly from ranchers
<input type="checkbox"/> Buy clothes second-hand
<input type="checkbox"/> Buy from local shops
<input type="checkbox"/> Buy produce directly from farmers
<input type="checkbox"/> Buy shoes that can be mended
<input type="checkbox"/> Carpool or take transit when possible

<input type="checkbox"/> Compost and enrich garden soil both by hand and with compost tumbler – practice “worm husbandry”
<input type="checkbox"/> Compost everything that can be composted
<input type="checkbox"/> Cook from scratch
<input type="checkbox"/> Crochet
<input type="checkbox"/> Cross-country ski to the grocery store
<input type="checkbox"/> Cycle – even when the weather gets cooler
<input type="checkbox"/> Cycle a gearless bike
<input type="checkbox"/> Cycle to work
<input type="checkbox"/> Delve into handspinning
<input type="checkbox"/> Don’t buy processed food
<input type="checkbox"/> Don’t use a microwave
<input type="checkbox"/> Eat more simply
<input type="checkbox"/> Favor small, local businesses
<input type="checkbox"/> Forage for food
<input type="checkbox"/> Gather your own wood for the stove
<input type="checkbox"/> Get meat directly from farmer
<input type="checkbox"/> Go carless
<input type="checkbox"/> Go fishing and hunting with your children
<input type="checkbox"/> Grind coffee beans with a hand grinder
<input type="checkbox"/> Grind your own wheat flour
<input type="checkbox"/> Grow your garden from seed
<input type="checkbox"/> Grow your own flowers for hand-cut bouquets

<input type="checkbox"/> Grow your own food
<input type="checkbox"/> Hand-sew
<input type="checkbox"/> Hand-water your garden
<input type="checkbox"/> Knead bread by hand
<input type="checkbox"/> Knit
<input type="checkbox"/> Knit in public while waiting
<input type="checkbox"/> Learn to preserve food by canning
<input type="checkbox"/> Line-dry your laundry
<input type="checkbox"/> Make bread by hand
<input type="checkbox"/> Make cultured dairy like kefir and yoghurt
<input type="checkbox"/> Make fermented foods like sauerkraut or sourdough
<input type="checkbox"/> Make jam
<input type="checkbox"/> Make wine stomped by foot, fermented in vats, and processed with muscle power
<input type="checkbox"/> Mend or alter clothes by hand
<input type="checkbox"/> Milk goats
<input type="checkbox"/> Minimize amount of heat so that attire is dependent on weather
<input type="checkbox"/> Minimize the time you use artificial light
<input type="checkbox"/> Pay cash whenever possible
<input type="checkbox"/> Pick mushrooms and herbs
<input type="checkbox"/> Process your own game meat
<input type="checkbox"/> Produce your own food supply
<input type="checkbox"/> Raise a kitten
<input type="checkbox"/> Sew buttons back onto clothing

<input type="checkbox"/> Sew your own clothes
<input type="checkbox"/> Shop at a local market instead of superstores
<input type="checkbox"/> Shop at brick and mortar stores
<input type="checkbox"/> Slowly increase the amount and variety of food you grow
<input type="checkbox"/> Smoke your own bacon
<input type="checkbox"/> Start gardening
<input type="checkbox"/> Take buses and trains
<input type="checkbox"/> Use a backpack to carry food from grocery store
<input type="checkbox"/> Use a camp wagon to walk to the grocery store
<input type="checkbox"/> Use a cold box with cold blocks
<input type="checkbox"/> Use a compostable toilet
<input type="checkbox"/> Use a hand grinder for coffee
<input type="checkbox"/> Use a push-powered mower
<input type="checkbox"/> Use a scythe instead of a lawnmower
<input type="checkbox"/> Use a wooden stove sauna
<input type="checkbox"/> Use a woodstove to heat your home
<input type="checkbox"/> Use an ax instead of a chainsaw
<input type="checkbox"/> Use drop spindle to make yarn
<input type="checkbox"/> Use gathered sticks and leaves to fire Kelly kettle for tea
<input type="checkbox"/> Use natural materials in the home e.g. wear cotton, linen, wool, leather, glass containers
<input type="checkbox"/> Use stairs instead of escalators
<input type="checkbox"/> Walk barefoot
<input type="checkbox"/> Walk everywhere

<input type="checkbox"/> Walk to appointments if possible
<input type="checkbox"/> Walk to the library, the co-op, the thrift store, wherever you can
<input type="checkbox"/> Wash and card wool
<input type="checkbox"/> Weave
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Family and Children

<input type="checkbox"/> Allow children to use knives to whittle
<input type="checkbox"/> Allow your children ample free time to pursue their own interests
<input type="checkbox"/> Allow your kids to build stuff in the backyard
<input type="checkbox"/> Approach home education the Charlotte Mason/ Classical way with lots of time in nature
<input type="checkbox"/> Bring games and art supplies to share with other kids while waiting (during lessons)
<input type="checkbox"/> Cultivate a healthy level of independent play
<input type="checkbox"/> Don't let kids use computer at the library
<input type="checkbox"/> Educate your children at home
<input type="checkbox"/> Find toys like megatiles and Lego that inspire open-ended play
<input type="checkbox"/> Follow Classical Education to give perspective on modern times
<input type="checkbox"/> Give children time and space to delve into imaginative play

<input type="checkbox"/> Go to the park
<input type="checkbox"/> Have a birthday party at home, with a simple meal/cake, and friends to play with
<input type="checkbox"/> Have children engage in arts and crafts by hand
<input type="checkbox"/> Have children practice copy work by hand
<input type="checkbox"/> If using an iPad, have it “living” in a very public part of the home, rather than children having their own
<input type="checkbox"/> Leave children to find ways to amuse themselves without adult direction and without screens
<input type="checkbox"/> Leave the kids to play in the backyard
<input type="checkbox"/> Let kids play outside freely
<input type="checkbox"/> Let your kids climb trees
<input type="checkbox"/> Let your kids roam, fish, explore
<input type="checkbox"/> Listen to audiobooks
<input type="checkbox"/> Read chapter books aloud with children at bedtime
<input type="checkbox"/> Read tons of books
<input type="checkbox"/> Sing together as a family
<input type="checkbox"/> Sit on the couch and read picture books with your children
<input type="checkbox"/> Take a long walk to talk things out
<input type="checkbox"/> Use a Yoto player for screen-free audiobooks and music listening
<input type="checkbox"/> Use ideas from the LetGrow project to help your children develop healthy independence

Spiritual and Relational Practices

<input type="checkbox"/> Attend a Messiah sing
<input type="checkbox"/> Attend a Vesper service
<input type="checkbox"/> Attend services other than Sunday morning
<input type="checkbox"/> Cross yourself and say a short prayer when you see the sun rise and sunset
<input type="checkbox"/> Cultivate your memory
<input type="checkbox"/> Develop awareness of seasonal changes in trees, wind, animals, ground etc.
<input type="checkbox"/> fast
<input type="checkbox"/> Follow the church calendar with fasting and feasting periods
<input type="checkbox"/> Follow the liturgical calendar
<input type="checkbox"/> Form your days on the Liturgy of the Hours
<input type="checkbox"/> Get a whiff of fresh air before retiring in the evening (hobbit habit)
<input type="checkbox"/> "Go first" -be the first to initiate conversation, say hello, introduce yourself, be willing to be a friend
<input type="checkbox"/> Go for a walk with a neighbour
<input type="checkbox"/> Go on a pilgrimage
<input type="checkbox"/> Great the day outside every morning when waking without looking at clocks, thermostats, phone, etc.
<input type="checkbox"/> Have candlelight dinners to create reverence
<input type="checkbox"/> Hold babies
<input type="checkbox"/> Learn ancient Latin hymns/chants to sing throughout the day
<input type="checkbox"/> Learn to sing Gregorian chant
<input type="checkbox"/> Light a candle each morning and at meal times
<input type="checkbox"/> Make small talk; be generally friendly and approachable

<input type="checkbox"/> meditate
<input type="checkbox"/> Practice a weekly Analog Day
<input type="checkbox"/> Practice morning, midday, evening, and Examen prayer
<input type="checkbox"/> Pray
<input type="checkbox"/> Pray with actual books rather than using breviary on phone
<input type="checkbox"/> Put away electronics (except for necessary communication) as part of Lenten fast
<input type="checkbox"/> Read the Bible or another book before getting on your phone or computer
<input type="checkbox"/> Recognize that online relationships are not equal alternatives to real ones
<input type="checkbox"/> Say grace in restaurants and make the sign of the cross
<input type="checkbox"/> Singing ancient songs helps to set the pace when walking
<input type="checkbox"/> Slow down
<input type="checkbox"/> Spend time studying the past
<input type="checkbox"/> Stare into space, smile at strangers, or just think while waiting in line
<input type="checkbox"/> Take long morning walks
<input type="checkbox"/> Take pilgrimages to familiar places
<input type="checkbox"/> Talk to strangers, pay attention, and remember names
<input type="checkbox"/> Use Advent as time to step away from tech
<input type="checkbox"/> Use real objects (such as candles) for spiritual life
<input type="checkbox"/> Visit with friends at home, restaurant, or pub
<input type="checkbox"/> Walk in the woods (without your phone/phone off)
<input type="checkbox"/> Walk to church on Sundays
<input type="checkbox"/> Wander through a gallery and contemplate art from centuries past
<input type="checkbox"/> Write a personal diary with ink pen as meditative practice

Additional Ideas

