

## Activity 1.21 The 24-Hour Clock (The Arts)

### Module: 1. Identity and Culture

Duration: 30 Minutes

#### Social Development Themes: Arts

#### Summary

This activity is a practical way of looking at identity and narrative by exploring our daily rituals and routines. It uses a basic storytelling technique and elements of improvisation and performance. It can also be a way into looking at different kinds of communication.

#### Learning Outcomes:

Value Creativity

Understand how Identities and Cultures form, are expressed, change and are connected.

#### Approach:

1. Ask the group to get into pairs. One of the participants is the storyteller, the other is the performer (they will swap later). The storyteller is going to tell their partner the story of a normal weekend day for them.
2. The pair should find a space in the room and the storyteller will begin narrating the story out loud, being as detailed as they can. What were the sounds? Who were they with? How did they feel? Were there any surprises? The other person in the pair – the performer – should act out everything that they hear, ideally without talking.
3. It's useful for the facilitators to provide a short demonstration, introducing the technique to the group – the more expressive and creative the facilitators can be with their example, the more it will give permission to the group to do the same.
4. Encourage the performer to be big and exaggerated with their movements – imagine they are telling the story to an audience who can't hear the storyteller!

5. In pairs, one person tells their stories and the other person simultaneously acts out what they hear. Once this is done they swap roles.

6. At the end, invite the pair to share with each other how they felt doing this exercise? How was it seeing their story acted out? Was there anything they weren't expecting? Were there similarities in the morning routines? What were the rituals? Where were the moments of difference?

Going deeper:

This exercise could be developed by asking the group to stay in their pairs but choose other members of the community or country. Repeat the activity but imagine they were in different roles. Imagine the local MP's morning routine, or a young person, a teacher etc. This could then be developed further into a short role-play where the different characters meet or interact during the morning. Ask the group how could doing this be useful for Active Citizens when thinking about their own communities and the people in them?

Alternate Approach:

1. Another variation is for the facilitator to call out different times of the day and for participants to make an image of what they're normally doing at that time. The facilitator then counts the group down from 3, 2, 1 and on 1 the group bring their images to life for 30 seconds, until the facilitator shouts 'freeze' and calls out another time of the day.
2. The facilitator can go through the different times of day in chronological order, from waking up in the morning to going to bed at night. Again, ask participants to imagine a normal day in their lives.

**Debrief:**

- Ask the group how they felt during the activity. Why did they feel this way?
- How was the experience of performing? How easy was it to be the storyteller?
- Did they find things that were shared and different in the daily routines? What does this tell us about our shared cultural practices? And the difference within our cultures and between cultures?
- If the group isn't a homogeneous group what does this activity tell us about cultural norms? Did the group learn anything about the hidden aspects of different cultures?

This activity, like a lot of the theatre-based activities, supports participants to see the world through different eyes. How easy would this activity be to do for different people in the community, perhaps with different values to do your own? Would it be useful?