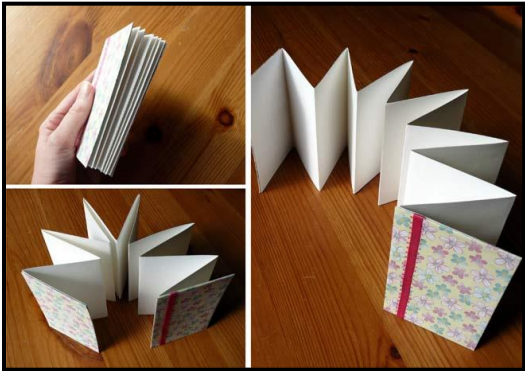


THE TIME CONCERTINA



Try recording time in a different way for one day in a week and make it all about what you do and the things you notice rather than the minutes that have passed. Think of the time in your day as an expanding concertina. On a quiet day it might be rather short when opened out but on an exciting day it might expand into a very long piece of paper or even lots of pages joined together.

YOU WILL NEED

- A long sheet of paper you can fold into multiple sides
- Coloured Pens/pencils, Pencil or biro/fine liner
- Glue (if you want to collage)
- Any paper you wish to use for collage



ACTIVITY

Write a few lines each time something happens “I had a call from a friend”, “My favourite song played on the radio and I danced”, or draw/doodle something you see or notice and want to remember. ***HINT*** you might like to use your senses as a starting point: What can you see, hear, taste, smell or touch? How do you feel?

They don't have to be big important things but everything that happens is an event in your day and is another moment of your time. You could make a cover for your book and date it.

One of our group members Minette wrote this moving poem about time slowing down and how we become aware of the smallest details.

Out of Time

I peck at books
 Take Pekinese sized walks
 Rooms breath
 Silence counterpoints
 Dog's snore
 Birds caw.

Tap delivers
 A ping of time
 Stillness smells
 While ears sing
 When fridge comes in
 With full throated throttle
 We sigh
 And stretch together.