



Turning Back Time

509 | Arts |

There are plenty more activities and videos to look at on our learning resources page:

<https://www.509arts.co.uk/project/meal-one-creative-learning/>

This QR code will also take you there



We also have loads of stuff on our social media sites to look at:

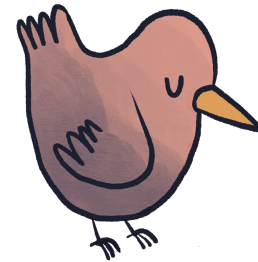


We would love to see what you produce from these activities!

Take a picture of your work and send it to hello@509arts.co.uk and we will upload it to our gallery.

You can see the lovely creations other people have made at our gallery:

<https://www.509arts.co.uk/project/meal-one/>



Turning Back Time

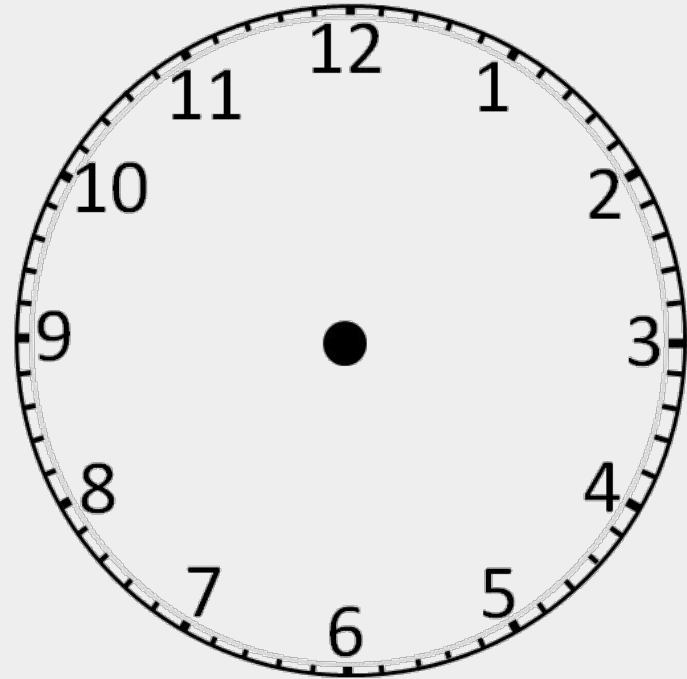
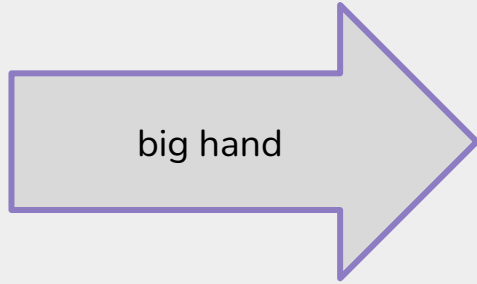
At the end of the play Mum turns the clock back one hour so they can have 'Meal One'.

Can you make a clock with moving hands to turn back time?
You will need:

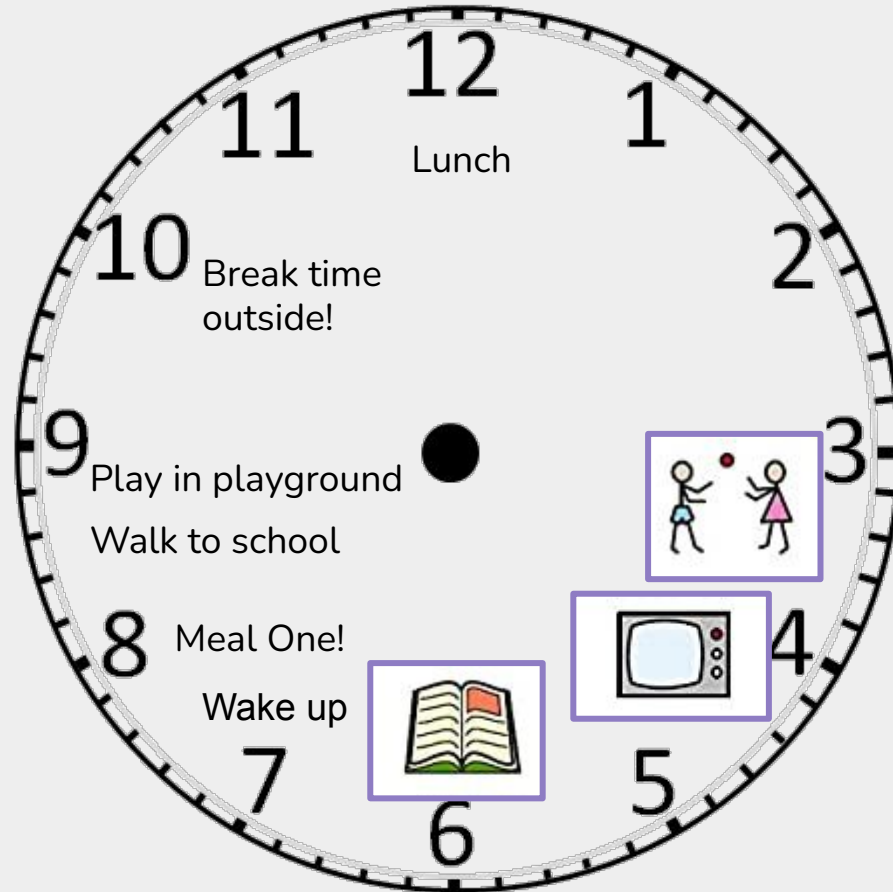
- A paper plate or a big circle of cardboard.
- Some card to cut out the clock hands.
- The numbers 1 to 12
- A split pin or paper clip



Write the numbers around the your paper plate to make a clock face.
Cut out some clock hands.



On your clock face you could draw or write what you do at each time of the day.



Get an adult to help you attach the clock hands using the bent paperclip, or the split pin.

Turn the hands to your favourite time of day. What makes it the best?

Can you turn the clock backwards, so you can have that time of day again?

Or make it go forwards so you can skip the bits you don't like!

You could even try acting out rewinding time! Can you remember how they did this in the play?

Rewinding Time - movement activity

Choose a simple activity that you do every day -
for example, getting out of bed or getting dressed

Act out your activity using only actions, no words.

Can you repeat it over and over again, so it becomes like a piece of movement or dance?

You could draw your actions so that you remember what order you do them - like on the next slide.



Here is the video of Mum winding back the clock and time being reversed in the show (will open in a new window)



Rewinding Time - movement activity

Now can you try to rewind time by doing all the activities backwards!

Can you remember the last thing you did? Now that needs to be the first!

Have a look at your drawing to help you remember the right sequence.

You could even try going all the way through forwards, and then rewinding straight away!

If you click on the picture you will find the music from the end of the play when time goes backwards - you could use it to perform your own rewinding movement to.





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