

Time travel activity

Ok, today we're about to do something very special, something that has never been done before at the University, and something that seemed so unlikely and impossible, that we've only seen it in films and dreams. We are going to time travel!

I am a newly qualified time-traveller, so I am only authorised to take you up to ten years into the future. So today, we are going to prepare for our letter writing by taking a small step forward in time to the year 2030. It's not too far, we should be able to get there and back without too much trouble. There are certain prohibited items when it comes to time-travel, just like at the airport, so we need to do some security checks and leave certain items behind. Alina is going to come round now with a box for you to put any of these items in, and you can pick them up when we return. The items are:

- Cynicism (mild scepticism is ok but you are responsible for it during transit).
- Self-consciousness
- Nay-saying – remember your “Yes, and...” approach
- Doubts

Thank you. Now we've collected up those items we're almost ready to go. But one last thing, an important limbering up activity.

Warm-up Activity – Imagination limbering up

To stretch out and limber up the imagination muscles ready for our time travel, we will play the “mystery object game”.

[Pair up]

I am about to show you an object. In your pair, I want you to think of as many alternative uses for it as possible in a minute and a half. There are no wrong answers, so be as creative as you like. Things that you already use the object for don't count! You may want to imagine you're an archaeologist or an alien visiting our planet. What do you think the object is for?

Show the object (shoe, pen, random object from the room etc). After the time has elapsed, share some answers with the group.

Time travel

Ok, so we've done our security checks and we've limbered up our imaginations. It's now time to time travel!

If small group (less than 10), stand-up and form a circle facing each other. Eyes closed. If more than 10, sit in pairs, eyes closed, room permitting, side by side like a plane/train.

As we said, we're going to take a jump forward to the year 2030. I want you all to close your eyes now that we're in position and ready to go. Ok, eyes closed, we'll just take a couple of nice deep breaths, inhale...and exhale...keeping those eyes closed. Before you, you can see a closed door, standing there in a door frame, all alone. In a moment we will step through that doorway and into the year 2030. When you're in the future, I want you to really take it in with all your senses. What can you see? What can you smell? What sounds can you hear as you move through it? Where are you and what's happening around you?

Ok, so when you're ready, reach forward and put your hand on that door handle, and step through into 2030.

Welcome! Here we are in 2030!

So, with your eyes closed, start to see yourself moving around. What can you sense? What is happening around you? What time of day is it? What is the weather like? What are people doing around you?

As you move around, where are you going? What do you notice that's different? What is the same? Think about what you can sense? How it makes you feel.

I will leave you in quiet for a few minutes to explore.

Ok, I know it feels brief, but we've been here for several hours now and it's time to return to 2026. I want you to slowly start returning to the doorway. Make your way back through the world, noticing all the things that you're passing as you return to the time machine. Perhaps you're waving goodbye to people. Perhaps you're taking in your last sights and smells, listening to that unforgettable sound.

You reach the doorway, and you pass back through to the present day. You feel your feet back on solid ground, you take a deep breath, inhale...and exhale...

Now keeping your eyes closed, I want you to take it turns with your partner to share what you saw in the future. We've got two minutes each.

After the group has shared, open eyes and share some reactions as a group. Return to seats.

Wonderful, thank you everyone for coming on that journey to the future with me. You did so well! Now, I know that time travel can leave you feeling a little bit strange, a bit turned around. So, scientists have discovered that tea and cake can help greatly with the recovery process!

We'll take a ten-minute break now, but please help yourselves to refreshments, use the loos as you wish and we will come back together at XXXX time.