

At A Distance Together

CREATIVE TASK

For our latest task we have invited storyteller and poet **Tawona Sithole** to offer us up some creative inspiration.

Tawona is the first of a number of guest artists we hope to introduce you to over the next few months. Many of you will already know some of them, as they have been part of A Moment's Peace projects and events over the last few years. We love their work and know you will too. So, over to Tawona...

WHAT TO DO

I am and Tawona and I'm going to ask you to do 4 tasks that are related to listening.

Task 1: So Near

Just sit down have a quiet time, and listen. What can you hear close to you? Maybe the sound of a child's voice, maybe some music. Write down as many sounds as you like. For each sound describe what it makes you think and how it makes you feel.

Task 2: So Far

Listen to sounds far away, a siren in the distance, or maybe you're not quite sure what it is. Write down as many sounds as you like. For each sound describe what it makes you think and how it makes you feel.

Task 3: So So

Listen to your inner voice, listen to yourself. Maybe your inner voice is saying everything's going to be ok, maybe not sure how things are going to turn out.

Task 4: So What

So what is going to happen next? Listen to the future. What do you hear the future saying. Maybe saying the world will be better after all this. Whatever it's saying – listen to it and write it down.

Remember you could also do this exercise as a spoken one. You do not have to write – you could record what you hear as a voice note on your phone or make a wee video reflecting what've heard and how it makes you feel.

I hope you enjoy this task. Keep safe.

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SHARING

We hope that you feel you want to share these responses with us, and in turn we'd be very keen to share these with a wider audience. Now is the time to be heard and so we invite you to join in voice together to challenge injustice.

You can share your creative responses to sara@amomentspeace.co.uk or on your own social media & tagging us on:

Instagram [@amomentspeacetheatre](https://www.instagram.com/amomentspeacetheatre)

Facebook [@AMPTTheatreCompany](https://www.facebook.com/AMPTTheatreCompany)

Twitter [@amptheatre](https://twitter.com/amptheatre)

Using hashtag [#AtADistanceTogether](https://twitter.com/hashtag/AtADistanceTogether)

We will keep you updated on forthcoming online sessions via zoom. We hope that you can join us!

To find out more about Tawona follow him on twitter:
[@Tawona_Sithole](https://twitter.com/Tawona_Sithole)

ABOUT THE PROJECT

With many people in our communities in isolation, A Moment's Peace Theatre wanted to offer our regular groups a chance to stay connected and continue to be supported creatively during these challenging times.

At A Distance Together will see us work with associate artists, creating & sharing fortnightly creative tasks, some respond directly to what is happening in our lives at the moment, some an exploration of imaginative spaces. They are entirely optional to undertake, and they can be shared with us or just kept as personal creative activities for the everyday.

We will also be hosting monthly live online creative workshops. offering our groups a chance to reconnect and continue to engage in live creative activities, whilst we are unable to meet in person.