

# At A Distance Together

## CREATIVE TASK

For our latest task we have invited playwright Lynda Radley, to offer us up some creative inspiration.

### WHAT TO DO

#### PAINTING WITH WORDS

So, there are two tasks. And you can choose to do just one or both tasks. When you respond to these tasks you can either write your responses, or use your phone to make a recording of the words that come to you.

#### 1. PAINTING A STILL LIFE WITH WORDS

Find one thing to look at. It could be a spider's web, a leaf, a slice of orange, an ornament, a spoon. Something you can get a good look at, up close.

##### STEP 1

Once you've found your object, the first task is just to look at it very closely. Move around it, or turn it around in your hands. Use this as a chance to just be. Do this in silence. Be curious about it. Become aware of things that you have never seen before.

##### STEP 2

Imagine you are going to paint your object. Look at how the light touches it. What colours can you see? What curves and lines can you see? Now touch it, if you can. Notice any smells. Taste it even, if that's safe! Once you've noticed everything you possibly can, begin to write down or record everything you have noticed.

##### STEP 3

You can leave it at that, or you move the words around and put them in an order that pleases you, until you have created YOUR word painting of your object. Please share it with us, if you would like.

#### 2. PAINTING A TIME WITH WORDS

Pick a time of day or night. It could be 5am, or 12 noon. Any time is fine.

##### STEP 1

Slow down and take a breath. Imagine you are going to paint this time of day. What does the sky look like at this time? What animals are about? What light or darkness is there? What's the weather like? What are you doing?

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## STEP 2

Once you've noticed everything you possibly can, begin to write down or to record everything you have noticed.

## STEP 3

You can leave it at that or you move the words around and put them in an order that pleases you, until you have created YOUR word painting of that time. Please share it with us, if you would like.

**I hope you've enjoyed the exercises. Take a breath and have fun with them.**

## 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.

You can share your creative responses to [sara@amomentspeace.co.uk](mailto: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/amptheatre)

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

## 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.