

WEEK TWO –TASK

TASK - MAPPING

These are two versions of the same exercise and will help you better understand what you know and what also you know you don't know in the context of the question you refined in week one.

Both versions use a similar approach to gain fresh understanding away from screens. Try one – or both – and see what you discover.

VERSION 1

Journaling - find a quiet space, grab a notebook or a piece of paper, get rid of all distractions, set a timer for 5 minutes and write down everything you know in relation to your question. Keep writing whatever comes into your and don't stop until 5 mins is up. Don't edit as you go along. When 5 minutes is up, set a timer again for 5 minutes and write down everything you don't know in relation to your question. Again, don't stop or edit. Keep writing until the 5 minutes is up.

VERSION 2

Talk It Out - pair up with someone from your group and arrange a time to talk on the phone (you'll each need 30 minutes, paper and a pen, and ideally headphones so you can walk and talk while on the phone).

Person A sets a timer for 5 minutes and notes down headlines as Person B talks (and we recommend walks) without stopping for 5 minutes about everything they know in relation to their question.

After 5 minutes Person A sets a 5-minute timer again and Person B talks about everything they don't know - the knowledge they need to acquire to tackle their question. Person A scribbles notes.

After this second exercise Person A talks and Person B notes - 5 minutes on everything they know and 5 minutes on what they don't.

At the end of the exercise share notes with your colleague.

What did you notice were the headlines? What words or phrases were repeated or stressed during each 5-minute talk?

These two versions can be performed at different times on the same day. They are asking the same question - shedding some light on what you know, and what you don't.

The two versions may well unlock different versions of what knowledge you have, and what you don't. The video provocations are then there to help figure out things you haven't thought of.

