An activity to imagine your vision of a future when we are all living in the Doughnut

By the DEAL Team. See acknowledgments for all contributors

Overview

In this creative activity participants are invited to express their vision of a future when we are all living in the Doughnut. This can be done visually by drawing on a blank Doughnut template and / or a written or spoken story of that vision. And it can be taken in many directions, such as turning the visuals into a gallery or a spiral, or turning the stories into a book or a play. If done as a collective, the activity can start with an optional visioning exercise to help participants access a more creative and imaginative space.

Why do it?

- Visioning is an enormously powerful activity for opening people’s sense of possibility

- The simplicity and flexibility of this activity means it’s suitable for everyone and can be adapted in many ways

- It’s fun and can be enjoyed by everyone, including those who participate and those who get to see and hear the visions that have been created
Timetable

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Preparation

Do you know how many participants there will be? If you are drawing, create print-outs of the blank Doughnut template for all participants.

Will everyone be familiar with the Doughnut? If not, consider doing What is the Doughnut? before you do this.

Welcome and Introductions

If you are an educator using this guide as a lesson, start by welcoming everyone, then give an overview of the lesson and how it fits in the context of the class’ learning journey.

If you are a facilitator using this guide as a workshop, start by welcoming everyone, introducing yourself and giving an overview of the activity. Then, depending on how much people already know each other, invite the participants to introduce themselves in whichever way you feel is appropriate. There are many wonderful ways to do this that help people feel safe, included and welcome. See seedsforchange.org/resources for examples.
Part 1: The time machine

NOTE:

The purpose of this optional opening exercise is to help participants access a more creative and imaginative space. The time machine does this by closing off a sense (sight) and creating a powerful container for imagining through narration and humming together.

1 Start by inviting participants to get into pairs and arrange themselves so they are sitting down facing each other.

2 Now introduce the time machine and take participants on a journey to an imagined future where we are living in the Doughnut.

You may wish to use the following script:

We’re very lucky that we have a time machine with us today. (Gesture towards the imaginary time machine and look suitably amazed!)

The way it works is if we all shut our eyes and hum together it takes us forward in time.

It takes us from 2020 to the time when we’re all living in the Doughnut and your dreams for this world have come true. And it takes you to the place you most want to see transformed, whether that’s your local neighbourhood, city, or rural area, where you live, where you work or where you like to relax or socialise. Or maybe it’s all of these things.

In a moment we’re all going to step into the time machine and travel forward to this time.

When we arrive, keeping our eyes closed we’re going to take a moment to experience what it feels like.

Then after a moment we’re going to start sharing with the person opposite you what you’re experiencing around you, starting your sentences with words like “I can hear… I can feel… I can smell… I can see…”

So remember how the time machine works? We close our eyes and hum together. And remember, when we get there, keep your eyes closed the whole time.

Now let’s all step into the time machine together. Close our eyes. Here we go!
Now start humming and others will join in. And once everyone’s humming use the following script, pacing the statements so they are not read all at once:

We’re on our way!
And the years start to tick forward, 2021, 2022, 2023, 2024...
You can feel your hair blowing around as we fly through the time portal...
And we begin to slow down...
And we come to a stop...
And we’re there.
Keeping your eyes closed have a look around and take a moment to experience what this feels like.
Then after a moment, start sharing with the person opposite you what you’re experiencing around you, starting your sentences with words like “I can hear... I can feel... I can smell... I can see...”

3 Allow 5 or 10 minutes for people to share. Then continue with the script:

Now it’s time to step back in the time machine and travel back to 2020. Here we go!

Now start humming and others will join in.
We’re on our way back to 2020...
And we’re slowing down... 2024, 2023, 2022, 2021...
And we’re back.

Invite participants to open their eyes and to share with their partner how that felt.
Then invite a few people to share to the whole group.
Part 2: Creating your Doughnut Dreams

1 Hand out blank Doughnut Dream templates.

2 Then invite participants to draw or write a story of their own Doughnut Dream within the space of the Doughnut, drawing on some of the things they experienced in the time machine.

NOTE:

You may need to emphasise that the Doughnut templates will be cut out so make sure to only draw or write inside the Doughnut.

3 When participants have finished their Doughnut Dream drawing, invite them to cut out the Doughnut, including the hole in the middle.

Part 3: Sharing your Doughnut Dreams

1 Either in pairs or small groups, invite participants to share with each other their Doughnut Dream.

2 Once they have finished, invite pairs or groups to reflect on what they’ve heard:
   - How are the visions different or the same?
   - Is there a shared vision/understanding of what that world might look like?
Combining your Doughnut Dreams

There are many possibilities of how to combine everyone’s Doughnut Dreams. Here are just a few ideas.

1. Create a gallery of Doughnut Dreams on the wall.

2. Create a gallery of Doughnut Dreams, hung from the ceiling.
   - Stick pairs of Doughnut Dreams together, back-to-back and hang them from the ceiling with thread at different heights
   - Invite participants to walk in amongst the Doughnut Dreams in silence, as they read the stories and enjoy the pictures

3. Create a continuous spiral of Doughnut Dreams.
   1. Make a single **cut** across each Doughnut (from the outside to the inside)
   2. Lay one Doughnut over another, both facing up, and **rotate** the top Doughnut clockwise, so the two cuts are an inch apart
   3. Apply **glue** to the bottom Doughnut in the space between the two cuts
   4. **Stick** the two Doughnuts together
   5. **Repeat** this process for as many Doughnuts as you have then either attach at string to the top (so it hangs vertically) or attach string to either end so it can hang horizontally

4. Turn the Doughnut Dreams into a book

5. Act out a few shorts scenes from participants’ Doughnut Dreams
Where to take it next

If you’re doing this activity as a lesson, next try *Joining the Doughnut Dots*, an activity for getting to know the dimensions of the Doughnut and their interconnections.

Acknowledgements

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