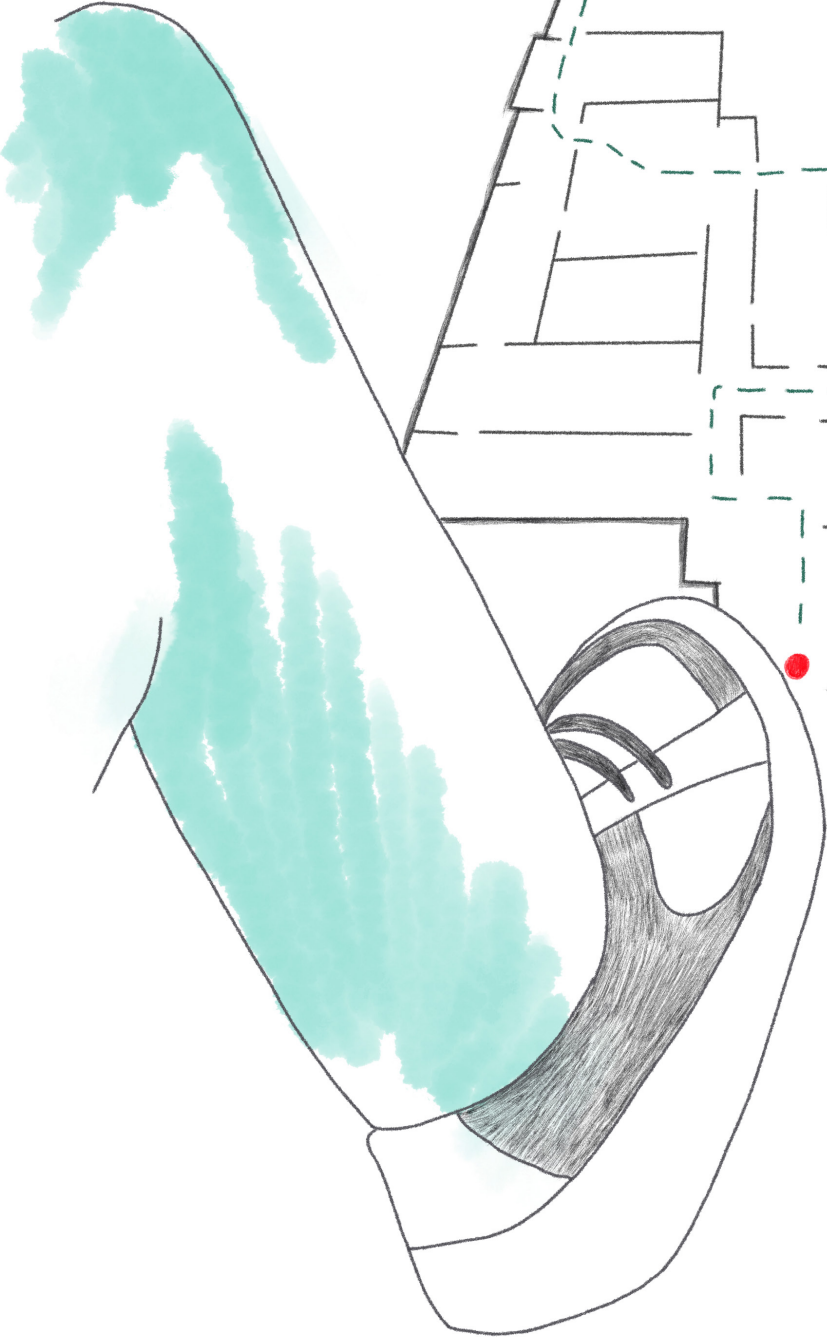
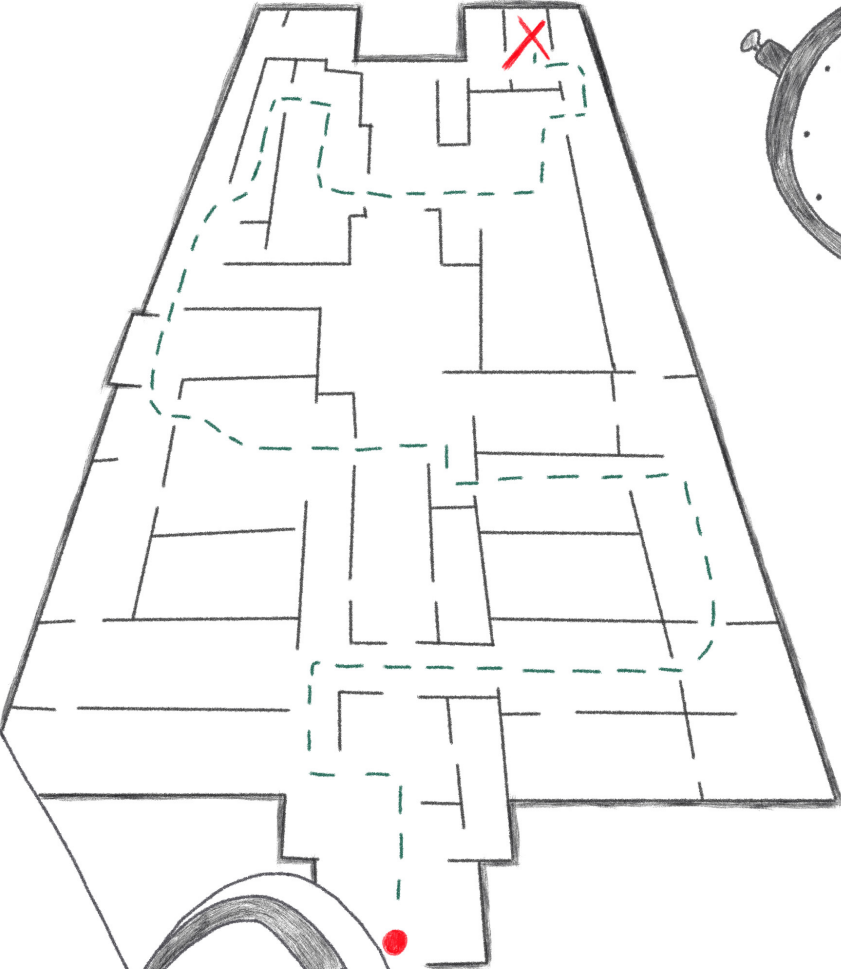
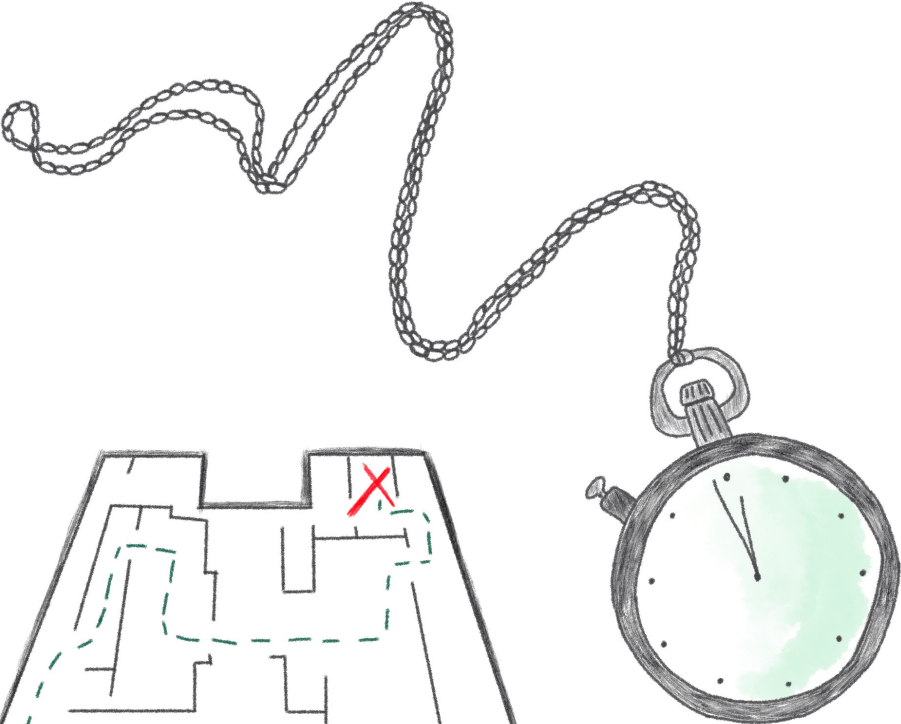


TRANSITIONS



TRANSITIONS

ACTIVITY **Duration: 30 minutes** **Materials: pen and printed map of the gallery**

When you arrive at the gallery, look together at your printed map. Decide who will be the leader and who will be the observer.

The observer chooses a place in the gallery, far away from your current position. Make a mark on the map to show your chosen location.

The observer should take note of the time, or start a stopwatch.
The leader should lead you to the exact point on the map indicated.

- Leader: take a mental note of how you feel. Is the time pressure worrying you? Do you feel concerned about judgement of your navigation skills by your observer? What resources could you use to help you on your journey? Feel free to ask gallery staff for help.
- Observer: take a mental note of how the leader is navigating. Are they looking around for visual markers? Have they taken some wrong turns? How have they responded and corrected their route? Did they ask for help?

Once you've made it to your chosen location, note the time it took to get there. Have a look around the gallery you've travelled to, and see if fate has delivered you to an artwork you like.

Find a place to sit for a moment and debrief on the journey.

- Observer: reflect back on how the leader led. Were they confident? How did they respond to wrong turns? What tools helped them to get you both there.
- Leader: reflect back on how you felt in this role. Was it easy? What skills do you possess or experiences do you hold that made it easy? If it was difficult, what made it so?

Talk about a moment of transition together. Are there any tools or skills that can help you along the way? Time pressure can often add stress to situations - but as in the activity, sometimes the time limitations are more imagined than real.

If you enjoyed the activity, you can swap roles and choose another point in the gallery to travel to. When you leave the gallery and travel home, think about the tools you used to navigate the space, and how you can use those in everyday life.

This resource has been developed by Tate as part of New Town Culture, a pioneering programme from the London Borough of Barking and Dagenham to develop artistic and cultural activity as a core part of social care services.

