

ESTIMATED WAITING TIME

Suggested exercises to be used in connection with the digital performance of Estimated Waiting Time, found here:

<https://ewtplay.uk/islington-schools-project-11-by-11/>

1. ROLE PLAY:

Using the worksheet, role play in pairs

Students should be encouraged to focus on the emotions/reactions whilst watching the play in order to complete the worksheet. Afterward, one student will play Lewis and the other will play one of the other characters on the worksheet. They will improvise one of the conversations from the play but try to lead to a more positive outcome.

What might Lewis and the other character have said that would have made the conversation more positive? Play out the scene and then swap roles.

2. COMMON TRAITS:

In small groups of 3 or 4, use a large piece of paper to write down what Alyssa and Lewis have in common

This offers a chance for students to discuss the feelings and emotions the characters may share. Hopefully, loneliness or feeling isolated should feature on the list!

3. MEMORY

Ask the students to close their eyes, take 3 deep breaths and think. Walk them through the following questions:

- *Think about a time recently when you or someone you know ~~has~~ felt lonely or isolated.*
- *What was the situation and how did it make you/them feel? Did you/they behave in a certain way?*
- *What did or could have helped you feel better?*
- *What practical ways can you think of for supporting someone who is feeling lonely and isolated?*

4. IMPROVISATION

In small groups of 3 or 4, improvise a scene whereby someone is lonely or isolated

Throughout this activity the students should be encouraged to find active, practical solutions to common situations. They should be discussing familiar scenarios of loneliness, whilst actively coming up with ways to combat it. Share the improvisations with the wider group, if time allows.

5. FINAL PLEDGE:

All together, discuss the practical solutions the group came up with and which idea would be most useful, and achievable.

Take a vote on a final favourite and together create a pledge for the class to follow throughout the rest of term.

E.g. "We, Class <11GF> will always try to <sit with someone at lunch if they are on their own>"