28. DAY CYCLE

The Day Cycle is quite simply a way of looking at for example a phenomenon, a person's activities or what is happening at a specific site during a day and then mapping those occurrences visually. This approach often uncovers challenges or patterns that might be interesting and relevant for your work or the challenge you are interested in.

Materials needed: Board and tape/pins, pens or computer software that allows you to assemble, show photos and draw diagrams.

Time required: 45 minutes–1.5 hours.

How?

1) Take the information or data you have gathered – photos, statements and objects and organise it according to a timeline of 24 hours or a day cycle.

2) Ask yourself: Where are the persons, the objects, or what is the situation at specific moments of the day or night? Who are they with? What are their thoughts and needs? What kinds of objects are they using? What is happening?

3) Look at the 24-hour timeline and information posted and discuss what you can see: are there any moments of the day where there are some interesting issues, actions or things happening? Is there a pattern or a challenge that becomes apparent?
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