

**Be
Curious**

Make your own...

Discover-ring



**UNIVERSITY
OF LEEDS**

You will need:

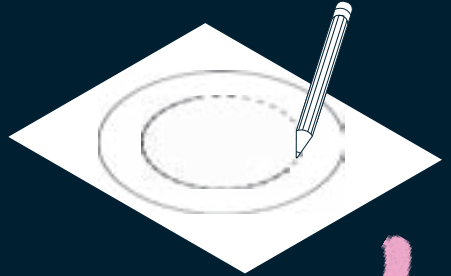
- Cardboard
- Scissors
- Pen/pencil
- One large bowl or plate
- One small bowl or plate

Instructions

1. Make your viewing ring

Take a piece of cardboard and draw round your large bowl or plate. Then put your smaller bowl or plate in the first circle and draw around that.

Carefully cut around the outside of the big circle. Then cut out the inside of the smaller circle. You should end up with a ring shape or a donut.



2. Spot the details

Take your ring outside, hold it up and look through it – what can you see?

- What do you notice first?
- Are things moving or still?
- Do any parts seem to work together?
- Can you line up your ring with the edge of something - like a building, a tree, or a hill?
- Can you fit everything you see into your ring, or does some of it spill out?

Write or draw what you see around the edge of your ring.



3. Flip it!

Now turn your ring around and look through it again.

- Is there anything missing that you thought you'd see?
- Is your ring covering something up?
- What's outside the ring?

Write or draw those things on this blank side of your ring.



4. Think about your view

Take a moment to think about what you saw.

- How did it make you feel?
- Did you want to explore, play, or just sit and watch?
- Do you think you being there changed anything in your surroundings?

Now try this!

Make another ring and take it somewhere else. How different was it from your first view?

Do this with a friend and swap rings and try and guess where they were looking.



Inspired by research

The Polycrisis Research Network is a group of researchers at the University of Leeds. They study how big problems like climate change, pollution and people not getting along, are all connected like pieces of a big puzzle.

Instead of looking at each problem one by one, they figure out how they connect with each other, so we can find smarter, longer-lasting solutions and build stronger communities.

They use creative, hands-on methods to explain tricky ideas, for example:

- Feedback loops - when one thing causes another, like if you shout in a cave and your voice bounces back.
- Tipping points - when small changes make a big difference, like adding one more block to a tower and it suddenly falls.
- System rhythms - patterns that happen again and again, like the seasons or your heartbeat.

By inviting people to take part in activities, discussions, and projects, the Network helps people understand these ideas through real experience and shows that our actions matter.

The Network want to help people learn from their experiences and come up with clever ideas and work together to make the world a better place.

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