You'll need

A sunny spot
Pen or chalk
Straw or Stick
Plasticine

Instructions

If you don't want to use paper, chalk on the ground works well too.

Use the plasticine to hold the straw upright and mark where the shadow lies. Record the time.

Check the sundial every hour (or more often if you want) and mark where the shadow lies each time.

If you're near a beach, you could do this with a stick in the sand and use your finger to mark where the shadow lies.

Why does it work?

As the Earth spins, the sun appears to move across the sky, changing the position of the shadow. Before we had clocks and watches people used sundials to tell the time.