



30 Circles

Who thinks they can't draw? This quick and easy warm-up will prove otherwise. **30 Circles** is a visual brainstorming session that can be done alone or in a group. The goal is to awaken the dormant creativity of each individual.

- 01 All participants are equipped with a pen. You will be given a sheet of paper with 30 blank circles of the same size or else you can draw these yourself on a blank sheet of paper.
- 02 In the space of three minutes, each person transforms as many circles as possible into recognizable objects, e.g. car tires, soccer balls, apples or clock faces, etc.
- 03 At the end of the three minutes, compare the results in the group, paying attention to the following aspects:
 - How many people got *into the flow* and filled ten, fifteen, twenty or more circles? It is rare for anyone to manage all 30 circles.
 - Are the ideas related (a soccer, a tennis ball, a baseball) or are they distinct (a planet, a cookie, a happy face)?
 - Were rules broken and circles combined (pair of glasses or set of traffic lights)? That's good.
- 04 In conclusion, show that generating ideas often involves a certain balancing act: on the one hand, we want to generate a lot of ideas quickly, but on the other hand we want them to be as distinct and as varied as possible. Value bold and wild approaches.

Creative Aikido

Who knows what aikido means? Literally a *way of harmonizing energy*, it is a Japanese martial art that mainly draws on the power of the opponent. The basic idea of Creative Aikido is to build on each other's ideas and conceive of something collaboratively that would not be possible without the other person.

It follows a simple structure that requires reciprocal thinking and speaking:

Accept the force and listen to the suggestion of the other person.

Integrate the force and understand the suggestion.

Build on the force and use the other person's suggestion as a foundation on which to add something of your own – without criticizing or judging. **Offer the force back** for the other person to build on further.

- 01 Focus jointly on a fictitious, random issue such as vacation planning. Engage in a *ping-pong* dialog.
- 02 Form pairs. One person begins to answer the question or make a suggestion, e.g.: "We should go to Mexico".
- 03 The other person inwardly follows the scheme and responds with the following sentence structure: "YES, your suggestion is great because ... AND what I would like to add is ...".
- 04 Stop after two minutes. Thank the other person.
- 05 Finish by presenting the outcomes to the group. Reflect on how the "yes, and ..." mode – rather than the "no, but ..." mode – fosters a mood of innovation that promotes the creation of new ideas. Apply **Creative Aikido** in the next stages.