Creative Warm Up Exercises

Developed by: *Accelerate* ▸**Impact**

Rock, Paper, Scissors Competition

This exercise is designed to help participants get energized!

Rock, Paper, Scissors Competition

1 | Everyone is going to compete in a Rock, Paper, Scissors competition.

2 | Have people pair up and after the count of three, they will choose either the rock, paper or scissors symbol with their hands. Rock beats scissors. Paper beats rock. Scissors beats paper.

3 | If the person wins the competition, they should find another competitor. If they lose the competition they should cheer on the person who beat them.

4 | Continue until there is a single winner!

Online Adaptation

Have everyone have their gallery view on Zoom. Everyone will compete with the person to their right. The facilitator will call out 1, 2, 3. If they lose to the person, they should turn off their camera and start cheering for others. Use the Mute All button to continue to call out. Continue until one person wins. Award a trophy virtual background to the winner.

Shakedown

This exercise is designed to help participants get energized!

Shakedown

1 | For this exercise, you are going to shake your arms and legs to get you warmed up!

2 | Count down from 5 for each of your left and right hand and left and right leg.

3 | Keep going until you reach 1.

4 | Count fast to create energy and momentum.

Online Adaptation

Have everyone have their gallery view on Zoom. Everyone complete the activity with their camera and microphone on.

Blind Contour Drawing

This exercise is designed to help participants let go of their pursuit of perfection. Because of the constraints of the activity, they are not able to create a perfect drawing of their partner. This allows them to embrace the process and appreciate the beauty in the imperfect.

Blind Contour Drawing

Turn to a partner and look them in the eyes. Draw a portrait of them using a Sharpie Marker. You cannot look at the page or pull your pen from the page until you are finished. When everyone is finished have each partner share their drawing. The artist should put the name of the person they drew at the bottom of the page. Hang up the drawings in the space.

Debrief Questions:

- What was it like to draw in this way?
- What were your expectations for what you might produce?
- How did doing this activity make you feel?
- What did you learn about yourself in doing this activity?
- What are some positive lessons to takeaway from this activity?

Online Adaptation

Turn on the Gallery View in Zoom. Find a random person who you are going to draw. When the facilitator says begin, draw a portrait of that person using a Sharpie Marker. You cannot look at the page or pull your pen from the page until you are finished. The artist should put the name of the person they drew at the bottom of the page. Ask everyone to share their drawings on their screen using their camera.

Story of Your Name

This exercise is designed to help participants get to know each other and begin to open up and build trust.

Story of Your Name

Put the group into pairs.
Each person will get 3 minutes to tell the story of their name. Have participants switch to another partner and repeat.

Online Adaptation

Send participants into breakout rooms with one other person. Give them 6 minutes to listen to each other's story. Then call them back. Send them to a new breakout room with a new person and repeat.

Questions to Connect

This exercise is designed to help participants get to know each other and begin to open up and build trust.

Questions to Connect

Put the group into pairs. Assign each pair a question from this list > (which comes from this article in the NY Times).

- Given the choice of anyone in the world, whom would you want as a dinner guest?

- Would you like to be famous? In what way?

- What would constitute a "perfect" day for you?

- When did you last sing to yourself? To someone else?

- If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?

- For what in your life do you feel most grateful?

- If you could change anything about the way you were raised, what would it be?

- Take four minutes and tell your partner your life story in as much detail as possible.

- If you could wake up tomorrow having gained any one quality or ability, what would it be?

Remind participants that they only have to share what they are comfortable sharing. Each person will get 3 minutes to share their thoughts.

>

Have participants switch to another partner and repeat the process, now assigning a question from the following list:

- If a crystal ball could tell you the truth about yourself, your life, the future or anything else, what would you want to know?

- Is there something that you've dreamed of doing for a long time? Why haven't you done it?

- What is the greatest accomplishment of your life?

- What do you value most in a friendship?

- What is your most treasured memory?

- What is your most terrible memory?

- What does friendship mean to you?

Online Adaptation

Send participants into breakout rooms with one other person. Give them 6 minutes to listen to each other's answers. Then call them back. Send them to a new breakout room with a new person and repeat two more times.

Have participants switch to another partner and repeat the process, now assigning a question from the following list:

- Complete this sentence: "I wish I had someone with whom I could share … "

- If you were going to become a close friend with your partner, please share what would be important for him or her to know.

- Share with your partner an embarrassing moment in your life.

- When did you last cry in front of another person? By yourself?

- Tell your partner something that you like about them already.

- What, if anything, is too serious to be joked about?

- If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?

- Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?

- Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Things in Common

This exercise is designed to help participants get to know their teammates and share a little about themselves. This team-building will help the team to work together more effectively.

Things in Common

Create time during the workshop to have teams connect with each other for ten minutes. Their goal during this time is to find at least one thing that they all have in common. At the end of the 10 minutes, have each team share what they found in common.

Debrief Questions:

- What was the process of finding your commonality like?

- What techniques did you use to find that commonality?

Online Adaptation

Put teams in breakout rooms to connect.

Team Building & Trust Building

Pick a Side

This exercise is designed to help participants get to know their teammates and share a little about themselves. This team-building will help the team to work together more effectively.

Questions to Connect

Have participants pick a side for each of the different examples.

- Mountains vs. Beaches
- Coffee vs. Water
- Cats vs. Dogs
- City vs. Country
- Dinner Party vs. House Party
- Talker vs. Listener
- Futbol vs. Football
- Sweet vs. Savory
- Wanderlust vs. Home Body
- Beer vs. Wine
- Florida vs. Alaska
- Beatles vs. Rolling Stones
- Simpsons vs. Family Guy
- Star Wars vs. Star Trek
- Apple vs. Android
- Set Them Up vs. Knock It Down
- Global vs. Local
- Past vs. Future

- Artist vs. Engineer
- Builder vs. Maintainer
- Empathizer vs. Prototyper
- Divergent Thinker vs. Convergent Thinker
- Photoshop vs. Woodshop
- Sharpie vs. Ticonderoga
- Stage vs. Behind the Scenes
- Linear vs. Nonlinear
- Process vs. Product
- Education First vs. Design First
- Design Thinking vs. Human-Centered Design

Debrief Questions:

- What did you notice about our preferences as a group?

Online Adaptation

Have participants turn off their cameras. Ask them to turn on their cameras if they related to one topic and leave their camera off if they relate to the other.

Team Building Reflection

This exercise is designed to help participants get to know their teammates and share a little about themselves. This team-building will help the team to work together more effectively.

Team Building Reflection

Create time during the workshop to have teams connect with each other and answer the following questions:

- What are your superpowers? What is your kryptonite?

- What should your teammates know about you? What should your teammates know about the way you prefer to work?

- What is your team name? What animal could represent your team? Why?

Online Adaptation

Put teams in breakout rooms to connect.

Sound Ball

This exercise is designed to help participants loosen up, be a little silly and have fun while being a little vulnerable. This exercise is also great for increasing spontaneity, teamwork, and participation.

Sound Ball

- Ask players to stand in a circle.
- Pretend to hold a ball in your hand. "Show" this imaginary ball to everyone. Tell players that they will be throwing this ball around.
- Explain that you are going to throw the ball to one of the players. Before you throw the ball, you will make a special sound.
- Instruct everyone to keep their eyes on the ball and get ready to catch it. Before catching the ball, the player should make the same sound that you made.
- Make a sound and "throw" the ball to someone. Make sure that this player makes the same sound and catches the ball.
- Explain that the catcher can now throw the player to any other player, making a new sound as the ball is thrown. The receiving player repeats the sound and catches the ball. This player throws the ball to any other player, making a new sound.
- Once the ball is being thrown around at a fairly brisk pace, introduce another imaginary ball and start throwing it. When the group gets proficient at it, you can have three or four balls in play.

Debrief Questions:

- Pay attention to the present. Be in the moment. Don't think ahead.
- Build on the ideas of others. Make the next obvious sound.
- Embrace failure. Don't censor your behavior.
- Make your partner look good. Play to team-win.
- If in a brainstorming session: All ideas are okAY. Since there are no such things as "good" and "bad" sounds, this is an opportunity to practice "throwing out" ideas or sounds without worrying about whether they are crazy or stupid.
- Briefly discuss how these ground rules apply to creative teamwork at the workplace.

Online Adaptation

Facilitate over zoom and have the person pass the sound to another specific person by calling out their name.
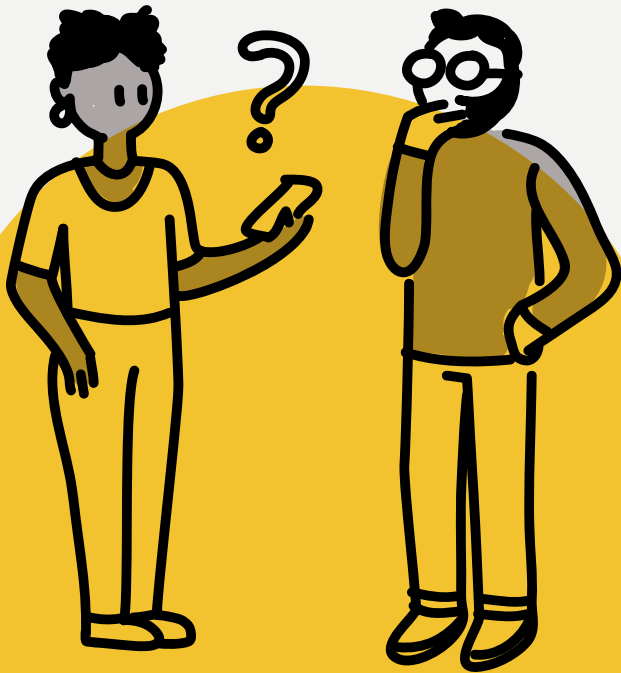
Long Lost Friend

This exercise is designed to help participants listen closely to another person and respond to what they are hearing in a spontaneous and creative way.

Long Lost Friend

Everyone wanders around and people stop to greet a partner according to a scenario that the facilitator calls out. The facilitator calls out...

1 | Your partner is a long-lost friend.

2 | You're 70% sure your partner is famous.

3 | Your partner just cut you in line at the market.

4 | Make up your own!

Debrief Questions:

- What was it like to engage with a person based on your role?

- How did your outlook on the situation change based on the scenario you were role-playing?

- What was it like to react without a "right" answer?

Online Adaptation

Call out the role play and then send participants into breakout rooms with one other person. Give them 1 minute to act out the role play and then call them back. Give the next role play and then send them to a new breakout room with a new person. Call them back after 1 minute. Repeat.

How Are You Doing, Really?

This exercise is designed to help participants connect with each other beyond superficial small talk. This also helps participants get into a mindset of active listening.

How Are You Doing, Really?

1 | Everyone gets post-its and a Sharpie.

2 | Facilitator asks the group "How are you, really?"

3 | Each person writes their answers on post-its and sticks them to their shirts (e.g. tired, anxious, excited, thirsty, etc.).

4 | Everyone mingles, discussing stickies that prompt conversation.

Debrief Questions:

- How were these conversations different from typical "small talk"? Why do you think that is?

Online Adaptation

Have everyone write three post-its with their reflections. Send participants into breakout rooms with one other person. Give them 5 minutes to share their post-its and discuss and then call them back. Send them to a new breakout room with a new person. Call them back after 5 minutes. Repeat once more.

Empathize

Interview Practice

This exercise is designed to help participants practice asking open-ended questions and actively listening to another person.

Interview Practice

Create time during the workshop to practice interviewing each other using the techniques of this phase.
Use one of the following prompts:

- What was your best holiday memory?
- What is your favorite day of the week?
- What is your dinner time like?
- What is your commute like?

Have the person interviewing ask the other person the initial question. Then ask them to follow up by asking "Why" at least three times.

Debrief Questions:

- What was it like to listen to your partner?
- What did you learn that surprised you?
- How did asking the follow up question "Why?" Change the conversation?
- What did you learn that you might not have if you didn't ask why?
- How will this practice inform your process of interviewing in the field?

Online Adaptation

Send participants into breakout rooms with one other person. Give them 5 minutes to interview each other and discuss. Then call them back. Send them to a new breakout room with a new person and repeat.

Define

Convergence

This exercise is designed to help participants listen, make connections between ideas and anticipate what others are thinking.

Convergence

The goal of Convergence is to get two people to say the same word at the same time.

1 | Ask for two volunteers. Have them stand in the center of the circle. Ask them to think of one word that they will say at the count of three.

2 | If the two words are not the same, ask for two volunteers who think they can say a new word that is the same. No previous words can be repeated.

3 | Repeat until two people successfully say the same word at the same time.

Debrief Questions:

- What was it like to jump in to offer an idea? What was hard about it? What was easy?

- How did it feel to be working on such an open-ended challenge?

- How did it feel to be working on that challenge as a group?

Online Adaptation

Ask for two volunteers from the group. Count to three and have the two people say the words. Ask for two more volunteers. Continue the process until two people say the same word at the same time.

Story Machine

This exercise is designed to help participants listen and respond creatively to an open-ended prompt. This exercise is also designed to help participants explore an idea without one single correct answer.

Story Machine

The goal of Story Machine is to create a new story from a series of prompts...

1 | Have everyone divide into three groups: people, places and things. Have everyone write one thing from their category down on a piece of paper and stack them.

2 | Have one person draw one piece of paper from each category. Ask for four volunteers to write a story on the spot based on the three pieces of paper. They will write the story one word at a time.

3 | When the group feels that they have created a complete story, everyone should start clapping.

Debrief Questions:

- What was it like to make up a story in the moment?

- What was difficult about that? What was easy?

Online Adaptation

Divide the group into three based on their first initials. Assign each category. Have people write one word for their category on a piece of paper and hold it up to the camera. Ask for four volunteers. Have the volunteers pick a person, place and thing. Have everyone else put down their words. Have the volunteers create a story. When the group feels that they have created a complete story, everyone should start clapping.

I am tree

This exercise is designed to help participants practice building on the ideas of others. This exercise is also designed to help participants feel comfortable taking creative risks.

I am tree

1 | Circle up.

2 | Someone goes to center and says "I'm a tree!" and impersonates a tree.

3 | Another person joins the tree and says "I'm a nut!" and impersonates a nut.

4 | A third participant enters and says "I'm a squirrel!" and impersonates a squirrel.

5 | The tree and nut exit the scene, and two new people enter, building a new scene around the squirrel (that might have nothing to do with trees or nuts!)

6 | Continue until everyone has participated!

Debrief Questions:

· How did you feel during this exercise?

· What was it like to take a risk and jump in?

· Did you ever hold back? Why?

Online Adaptation

Have participants contribute based on an order of participants that you put in the chat box. Or, have everyone contribute ideas through the chat. Or, put people in smaller breakout rooms.

Yes And!

This exercise is designed to help participants practice building on the ideas of others. This exercise is also designed to help participants experience the difference in energy and effectiveness between evaluating and rejecting ideas and affirming them.

Yes And!

1 | Ask the group if there is a person who has a party they need to plan in the near future.

2 | Ask participants to generate ideas for the party. Ask them to start each of their contributions with "No, but..."

3 | Ask the group how far their brainstorm got them? Is there a plan? What was the energy like during this brainstorm?

4 | Now, ask participants to start again but every time people offer a contribution, they should say, "Yes, and!"

5 | Now, ask the group what this brainstorm generated? Why was this different?
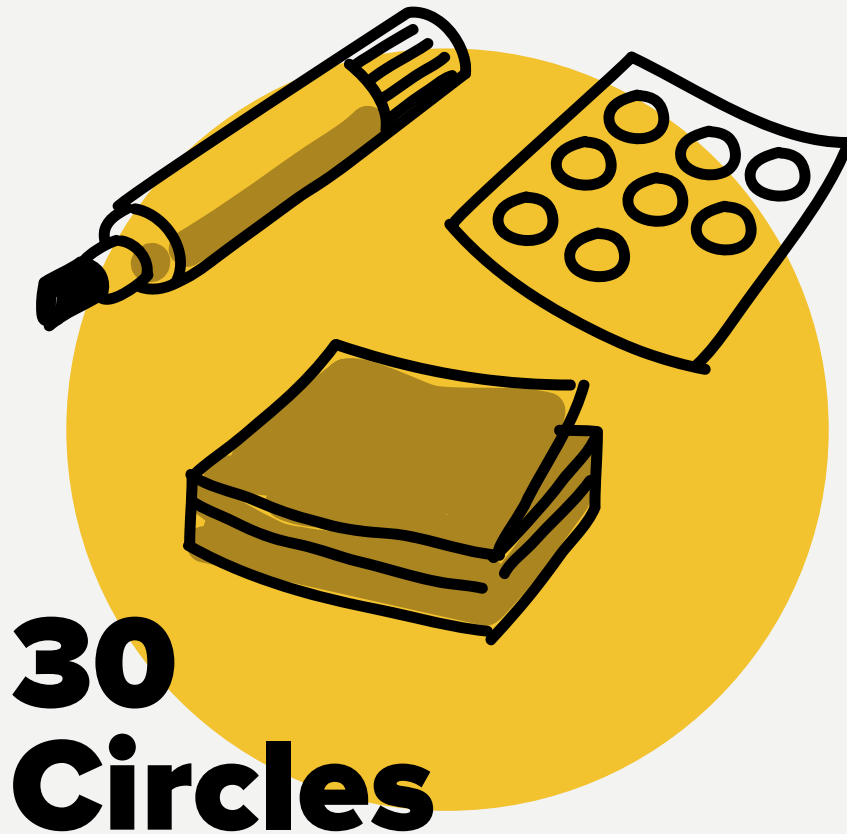
Debrief Questions:

- How far did we get in the first round? Why?

- How was the energy different during the second round? Why?

Online Adaptation

Have participants contribute based on an order of participants that you put in the chat box. Or, have everyone contribute ideas through the chat. Or, put people in smaller breakout rooms.

30 Circles

This exercise is designed to help participants practice generating a volume of ideas. It's a great warm-up and also highlights the balance between fluency (the speed and quantity of ideas) and flexibility (how different or divergent they are).

30 Circles

1 | Give each participant one 30 Circles sheet of paper (see example) and something to draw with.

2 | Ask them to turn as many of the blank circles as possible into recognizable objects in three minutes.

3 | Compare results. Look for the quantity or fluency of ideas. Ask how many people filled in ten, 15, 20, or more circles? (Most people don't finish.) Next, look for diversity or flexibility in ideas. Are the ideas derivative (a basketball, a baseball, a volleyball) or distinct (a planet, a cookie, a happy face)?

Debrief Questions:

- How did you feel during this exercise? Did you ever get stuck? How did that feel?

- If you got stuck, how did you get unstuck?

- What were the "rules"?

- Did anyone "break the rules" and combine two or more (a snowman or a traffic light)? Were the rules you were following explicit, or just assumed? Why did you follow or break the rules?

Online Adaptation

This activity translates well to online. Share your screen to show an example of 30 circles so that they can make their own sheet; you can also make a 30 circles google slide or MURAL board. When the participants have completed their sketches, ask them to share in their computer camera.

Three Things

1 | Everyone stand in a circle.

2 | Everyone pumps their fists in unison while saying "Three Things." [Fists down on "Three" and again on "Things."]

3 | People will participate as a pair while the rest of the group watches. Person A turns to the person on their right (B) and names a category of things. Person B will quickly list three things that belong in that category.

4 | When they are finished with their list everyone shouts "Three Things" while pumping their fists up and down in unison.

5 | Person B then turns to the person on their right and challenges them to list three things. Continue the pattern around the circle.

Backwards (3 things first then the category): Person lists 3 things to the person on their right (Cars, Bars, Mars) and that person needs to identify the category (3 things that rhyme with Stars). Note the person listing the 3 things does not need to know what the category is that connects the 3 things.

Debrief Questions:

• How did it feel when you were put on the spot?

• What was challenging about the activity?

Online Adaptation

Have participants contribute based on an order of participants that you put in the chat box.

Three Things

This exercise is designed to help participants get energized!

Prototype

How Would You Prototype That?

This exercise is designed to help participants practice thinking about how to take an experience that is difficult to try before-hand, surface assumptions that need to be tested and then test those assumptions.

How Would You Prototype That?

1 | Show participants several images of scenarios that would benefit from being prototyped (astronaut on the moon, starting a restaurant, One Laptop per Child, etc.).

2 | Ask participants to brainstorm: "How would you prototype that? What would you need to learn and how could you test it in a low cost, low investment way?"

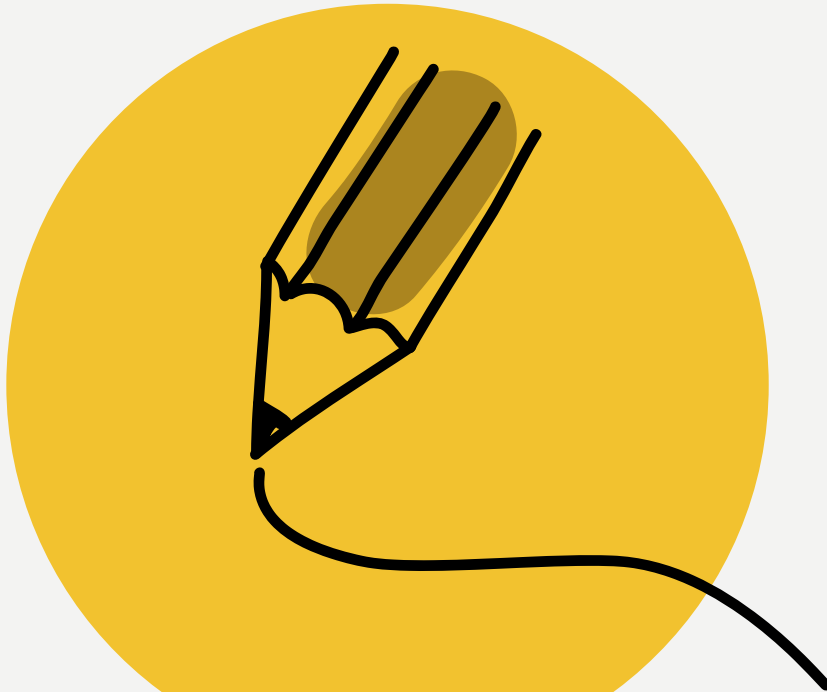**3** | Facilitate a conversation about each scenario.

Debrief Questions:

- What did you learn about how you might prototype an experience?

- Why is prototyping important?

Online Adaptation

This activity translates well to online. Share your screen to show the images. Ask participants to share their ideas in the chat.

Protobot.org

This exercise is designed to help participants practice creatively solving problems based on specific scenarios. This exercise is also designed for participants to practice sketching.

Protobot.org

1 | Use the design challenge generator, Protobot.org, to generate a design prompt.

2 | Ask participants to sketch an idea for the design prompt.

3 | Ask participants to share their sketches with their group.

4 | Now, ask participants to reflect on what assumptions they made about the solution they created and share.

Debrief Questions:

• What was it like to sketch a solution to the scenario?

• What did you learn about questioning the assumptions you make when generating ideas?

Online Adaptation

This activity translates well to online. Share your screen to show the Protobot.org. When the participants have completed their sketches, ask them to share in their computer camera.

Make It Tangible

In design and making, prototyping serves many purposes. One is to create something tangible for your user to try out. This tangible prototype yields the best feedback for your design. The second purpose is to help the designer work out the details of the prototype: to take those intangible ideas and make them concrete. This activity is designed to help students explore an abstract concept through building with their hands.

Make It Tangible

1 | Using clay/paper/tin foil, make a representation of what the concept of change means to you. Go for meaning and not the literal form.

2 | Think of one word to describe what you made means. This word should be different than the original concept.

3 | Using clay, make a representation of new word. Go for meaning and not the literal form.

4 | Give your creation to a partner. What do they see?

5 | Make a new representation of change.

Debrief Questions:

- Think about all that you made. How would you define change now?
- What did you notice about your exploration of change?
- How did making a physical representation change your thinking?
- What was it like to give your object to a partner for interpretation?
- What was it like to destroy your object?

Online Adaptation

When it is time for participants to share what they made, put them in breakout rooms. Switch breakout rooms for the next round.

Test

Fail Test

Fail Test

1 | Put participants in pairs. Have them stand facing each other.

2 | Ask participants to count to three by switching off. The first person says "1," the second person says "2," the first person says "3," the second person says "1." Keep counting. Speed up! Did you fail? What was that like?

3 | For the next round, have participants insert a clap for 1. Whenever you fail, say ta-dah! Insert a snap for 2. Whenever you fail, say ta-dah! Insert a tap on the head for 3. What did you learn from this activity? What changed when you started celebrating failure?

4 | For the next round, have participants insert a snap for 2. Whenever you fail, say ta-dah! Insert a tap on the head for 3. What did you learn from this activity? What changed when you started celebrating failure?

5 | For the next round, have participants insert a stomp for 3.

Debrief Questions:

- What did you learn from this activity?
- What changed when you started celebrating failure?

Online Adaptation

Have all the participants turn on their cameras. Create partner pairs and put the list in the chat. Count to three using hand signals by switching off. Keep counting. Speed up! Did you fail? What was that like? Insert a clap for 1. Whenever you fail, say ta-dah! Insert a snap for 2. Whenever you fail, say ta-dah! Insert a tap on the head for 3. What did you learn from this activity? What changed when you started celebrating failure?

This exercise is designed to help participants practice what it is like to try something and fail. This exercise is also designed to help participants experience the emotional difference it makes when you celebrate failure.

Test

The Spaghetti Marshmallow Challenge

This exercise is designed to help participants experience the need for testing their ideas early instead of spending all of their time discussing and planning.

The Spaghetti Marshmallow Challenge

Challenge: To build the tallest tower possible in 18 minutes that will support the marshmallow.

1 | Each team gets the same set of supplies...
- 20 sticks of dry spaghetti
- one yard of tape
- one yard of string
- one marshmallow

2 | Explain the challenge: Build the tallest tower possible that will support a marshmallow in 18 minutes.

3 | Put the group into teams of four. Distribute the supplies. Set a timer for 18 minutes.

4 | Start the timer and give time updates every 6 minutes. When the time goes off, measure each structure to find the tallest tower.

5 | Watch Tom Wujec's TED Talk: https://www.ted.com/talks/tom_wujec_build_a_tower_build_a_team >

Debrief Questions:

- What did you learn about the need to test ideas early and often?
- What did you learn about working as a team?

Online Adaptation

Watch Tom Wujec's TED Talk: https://www.ted.com/talks/tom_wujec_build_a_tower_build_a_team. > Put participants in pairs into breakout rooms. Debrief what the team learned about the need to test ideas early and often.

Austin's Butterfly

This exercise is designed to help participants practice what it is like to receive critical feedback and use that feedback to improve their next iteration.

Austin's Butterfly

1 | Put participants in pairs.

2 | Watch the movie, Austin's Butterfly. https://vimeo.com/38247060 >

3 | Show a picture of an animal or a plant.

4 | Ask each person to draw a sketch of the picture in 2 minutes. Then each partner gives each other critical feedback.

5 | Next, ask each person to draw another version of the picture.

6 | Come back together and share drawings.

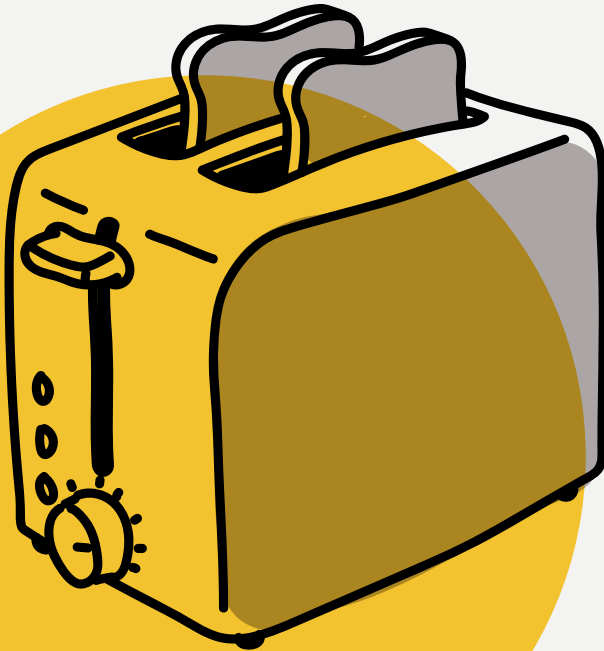**7** | What did you learn from this exercise?

Debrief Questions:

- What did you learn from this activity?
- What was it like to get critical feedback?
- What was it like to make a new iteration?

Online Adaptation

Put pairs into breakout rooms to draw, share and get feedback. Ask all participants to share their drawings into their cameras at the end of the activity.

How to Draw Toast

This exercise is designed to help participants think through a process or procedure in all of its component parts.

How to Draw Toast

1 | Ask everyone to get a piece of paper and a pen.

2 | Explain the challenge: Everyone will have 3 minutes to draw the process of making toast (or something else culturally-relevant, like making breakfast).

3 | Set a timer for three minutes. Give a warning once every minute. At the end of the three minutes, ask everyone to show their drawings.

4 | Watch Tom Wujec's TED Talk: https://www.drawtoast.com/ >

Debrief Questions:

- What did you learn about breaking an idea into its component parts?

- How does this help you think strategically about implementing the idea?

Online Adaptation

Follow the instructions above.
Use a polling tool to capture reflections.

Word at a Time Proverb

This exercise is designed to help participants practice creatively crafting a story. This exercise is also designed to help participants navigate an open-ended challenge without one single correct answer.

Word at a Time Proverb

1 | Everyone will work together to create wise statements about life (proverbs) one word at a time. Get the group into a circle.

2 | Start the proverb with one word.

3 | The next person in the circle should add one word.

4 | When the group feels that they have created a proverb, everyone should start snapping their fingers.

Debrief Questions:

- What did you learn from this activity?
- What was it like to have to respond to the words that were shared before you?
- What was it like to have to build on the ideas of others?

Online Adaptation

Put the participants in order in a list in the chat. That list will guide who contributes next to the proverb.

Story, Story, Die

This exercise is designed to help participants practice creatively crafting a story. This exercise is also designed to help participants navigate an open-ended challenge without one single correct answer.

Story, Story, Die

1 | Everyone will work together to create a story. Get the group into a circle.

2 | Ask the group to generate a location, a character and a problem (e.g. the park, a squirrel, needs to protect the nuts he has gathered from an alligator).

3 | As the facilitator, start the story with "Once upon a time…" and set the stage with the location, character and problem.

4 | Then, choose a participant in the circle to pick up the story. The participant will continue creating a story until you ring a bell. Vary the times that each participant has to talk (make some longer and some shorter).

5 | When you ring the bell, the storyteller passes the story to a new person who hasn't shared yet. If the storyteller isn't able to generate a story, as the facilitator call them out (they have "died") and pass the story to a new person.

6 | When several people have helped write the story, interject and say, "Until one day…" and ask the next storyteller to complete the story?

Online Adaptation

Put the participants in order in a list in the chat.
That list will guide who contributes next to the proverb.

Introducing Carrot

This exercise is designed to help participants practice creatively crafting a story.

Introducing Carrot

1 | Ask participants to find a personal item that they would be willing to share with another person.

2 | Show the video: https://vimeo.com/108138933 >

3 | Ask participants to come up with another use of this item. Now, they have to create a 1 minute pitch of the new use of this item.

4 | Ask participants to pitch to each other and give feedback.

5 | Now, ask participants to tell a story of a person using this item in a new way.

6 | Ask participants to share their stories and give feedback.

Debrief Questions:

- What did you learn from this activity?
- What was it like to create a pitch for the new use?
- What was it like to create a story of the new use?
- What did you notice was different about the two approaches?

Online Adaptation

When it is time for participants to share their stories put them in breakout rooms. When it is time to switch, put them in new breakout rooms.
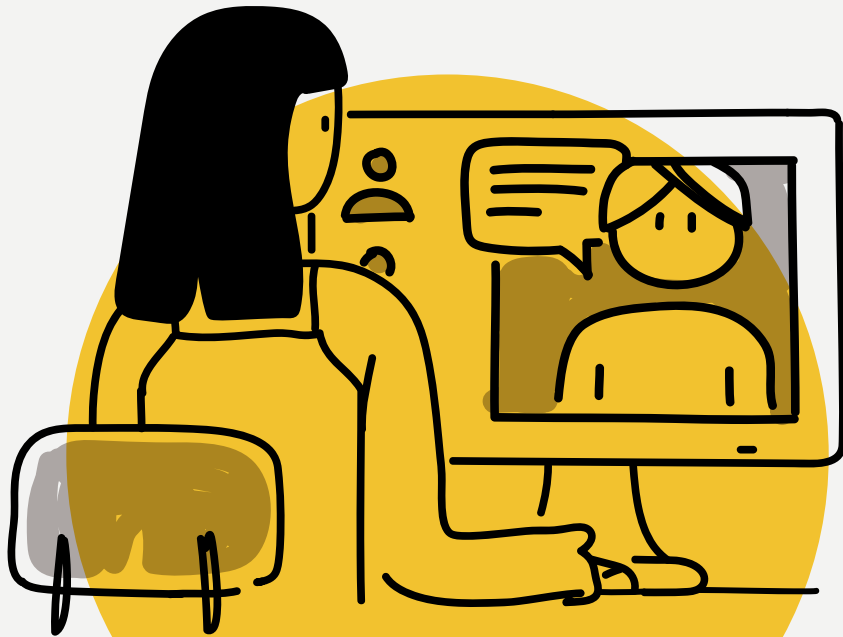
Online Warm-Ups

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WikiRace
Choose two very random wikipedia pages (Ray Eames + Orange). You have to get from Ray Eames to Orange only using wiki hyper-links. Whoever is fastest wins. Have the person use the back button to demonstrate.

How to
Take 5 minutes and have people draw a comic book style instruction manual for some really abstract.

- How to fall in love
- How to make a friend
- How to be fearless

Emojions
Go around the group and share what emoji you feel like today and why.

News Flash
Send people different background images. Have them use the image as their background and report live from the scene for 90 seconds.

Shared Interests
Have everyone put a hobby or interest in the chat. Ask everyone to reach out through direct message to ask a person a question based on their hobby.