**AKF Schools2020 Creative Exercises**

* *Launch*
  + **Blind Contour Drawing**
    - *Goal:*

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.

* + - *Instructions:*

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.

*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.

*Debrief Questions:*

1. What was it like to draw in this way?
2. What were your expectations for what you might produce?
3. How did doing this activity make you feel?
4. What did you learn about yourself in doing this activity?
5. What are some positive lessons to takeaway from this activity?
   * **Team Building Reflection**
     + *Goal:*

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

* + - *Instructions:*

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

* + - * What are your personal strengths?
      * What should your teammates know about you? The way you prefer to work?
      * What is your team name? What animal could represent your team? Why?

* *Explore*
  + **Long Lost Friend**
    - *Goal:*

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.

* + - *Instructions:*

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!

*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.

*Debrief Questions:*

1. What was it like to engage with a person based on your role?
2. How did your outlook on the situation change based on the scenario you were role-playing?
3. What was it like to react without a “right” answer?
   * **How Are You Doing, Really?**
     + *Goal:*

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.

* + - *Instructions:*

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.

*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.

*Debrief Questions:*

1. How were these conversations different from typical “small talk”? Why do you think that is?
   * **Interview Practice**
     + *Goal:*

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

* + - *Instructions:*

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.

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.

Debrief Questions:

1. What was it like to listen to your partner?
2. What did you learn that surprised you?
3. How did asking the follow up question “Why?” change the conversation?
4. What did you learn that you might not have if you didn’t ask why?
5. How will this practice inform your process of interviewing in the field?

* *Define*
  + **Convergence:**
    - *Goal:*

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

* + - *Instructions:*

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.

*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.

*Debrief Questions:*

1. What was it like to jump in to offer an idea? What was hard about it? What was easy?
2. How did it feel to be working on such an open-ended challenge?
3. How did it feel to be working on that challenge as a group?
   * **Story Machine:**
     + *Goal:*

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.

* + - *Instructions:*

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.

*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.

*Debrief Questions:*

1. What was it like to make up a story in the moment?
2. What was difficult about that? What was easy?

* *Generate*
  + **Yes And!**
    - *Goal:*

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.

* + - *Instructions:*

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?

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

*Debrief Questions:*

1. How far did we get in the first round? Why?
2. How was the energy different during the second round? Why?
   * **Rock, Paper, Scissors Competition**
     + *Goal:*

This exercise is designed to help participants get energized!

* + - *Instructions:*

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.

* *Make*
  + **How Would You Prototype That?**
    - *Goal:*

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

* + - *Instructions:*

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.

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

*Debrief Questions:*

1. What did you learn about how you might prototype an experience?
2. Why is prototyping important?

* *Test*
  + **The Spaghetti Marshmallow Challenge**
    - *Goal:*

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.

* + - *Instructions:*

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

1. Each team gets the same set of supplies…
   * 1. 20 sticks of dry spaghetti
     2. one yard of string
     3. one yard of tape
     4. 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.

*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.

*Debrief Questions:*

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

* *Iterate*
  + **Protobot.org**
    - *Goal:*

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.

* + - *Instructions:*

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.

*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.

*Debrief Questions:*

1. What was it like to sketch a solution to the scenario?
2. What did you learn about questioning the assumptions you make when generating ideas?

* *Test Another*
  + **Fail Test**
    - *Goal:*

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.

* + - *Instructions:*
      * Put participants in pairs. Have them stand facing each other.
      * 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?
      * 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?
      * 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?
      * For the next round, have participants insert a stomp for 3.

*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?

*Debrief Questions:*

* + - * + What did you learn from this activity?
        + What changed when you started celebrating failure?
* *Implement*
  + **How to Draw Toast**
    - *Goal:*

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

* + - *Instructions:*

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/.

*Online Adaptation:* Follow the instructions above. Use a polling tool to capture reflections.

*Debrief Questions:*

1. What did you learn about breaking an idea into its component parts?
2. How does this help you think strategically about implementing the idea?

* *Tell*
  + **Word at a Time Proverb**
    - *Goal:*

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.

* + - *Instructions:*

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.

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

*Debrief Questions:*

1. What did you learn from this activity?
2. What was it like to have to respond to the words that were shared before you?
3. What was it like to have to build on the ideas of others?
   * **Story, Story, Die**
     + *Goal:*

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.

* + - *Instructions:*

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:*  Have each storyteller call on the next storyteller to pass the story.

*Debrief Questions:*

1. What did you learn from this activity?
2. What was it like to have to respond to the story that was shared before you?
3. What was it like to have to build on the ideas of others?