

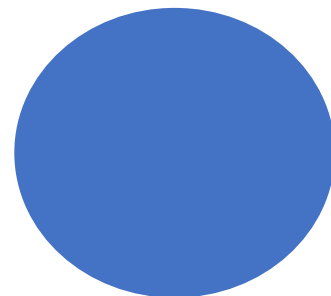


Creativity:
Icebreakers

Reference book
August 2022, v2.0



Creative people are curious, flexible,
and independent with a tremendous
spirit and a love of play



Henri Matisse



References

1. Artist Within: A Guide to Becoming Creatively Fit by Whitney Ferre (Freya)
2. Orchestrating Collaboration at Work: Using Music, Improv, Storytelling, and Other Arts to Improve Teamwork by Arthur B. VanGundy and Linda Naiman
3. Engineer's Guide to Improv and Art Games by Pius Wong
4. Miro: <https://miro.com/blog/remote-team-building-activities-games/>
5. Orbiting the Giant Hairball: A Corporate Fool's Guide to Surviving with Grace by Gordon MacKenzie

Contents

- Guided Meditation
- Activity #1: Scribble Drawings
- Activity #2: Drawing is Energy
- Activity #3: The Answer is “Yes”
- Activity #4: One Word at a Time
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- Activity #9: 10 Things we all have in common
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- Activity #11: Story Cubes
- Activity #12: Non-dominant hand drawing
- Activity #13: Musical Musings
- Activity #14: Visual Thinking Strategies
- Book List (part 1 and 2)



Supplies

- Curiosity
- Open Mind

- Sketch pad/paper—something to make a mark on
- Coloured pencils/pens/markers—something to make a mark with
- Something to make a noise with



Purpose

- The purpose of these activities is to add some creative activities to our online meetings, to make them more engaging, innovative, creative, and fun
- The activities within this reference cover a variety of activities that can be used during online meetings as ice-breakers and as a means to encourage people to think differently and get outside their comfort zones.

Beginning...



[Read this out loud, slowly...]

Get comfortable, take a slow, deep breath, and close your eyes....

"Picture in your mind's eye a small and delicate flower

Floating gently inside your skull.

Just behind the bone of your forehead.

Notice the flower's colour,

Its shape,

The pattern of its petals.

Let the flower drift slowly downward,

Gliding gently down your throat into your rib cage.

Drifting down and down...

Between your lungs...

downward, gently downward,

Coming to rest in the lowest place in your abdomen

Where your breath reaches When you breathe fully and deeply.

A quiet touch of colour deep in the darkness of your abdomen.

Hold the flower there... hold it... hold it...

Now: Let it go! Let the flower vanish.

But stay focused on the place where it was Deep down in the dark centre of you."

"Now, when you are ready... only when you're ready... open your eyes and come back into the room. "

From: Orbiting the Giant Hairball: A Corporate Fool's Guide to Surviving with Grace by Gordon MacKenzie, Viking, 1998, ISBN 0670879835.

...reflecting



Take a few minutes and reflect about the experience of the guided meditation.

Was it easy/hard?

Have you done something like this before?

Would you do it again?

How did it feel?

What thoughts came up, if any?

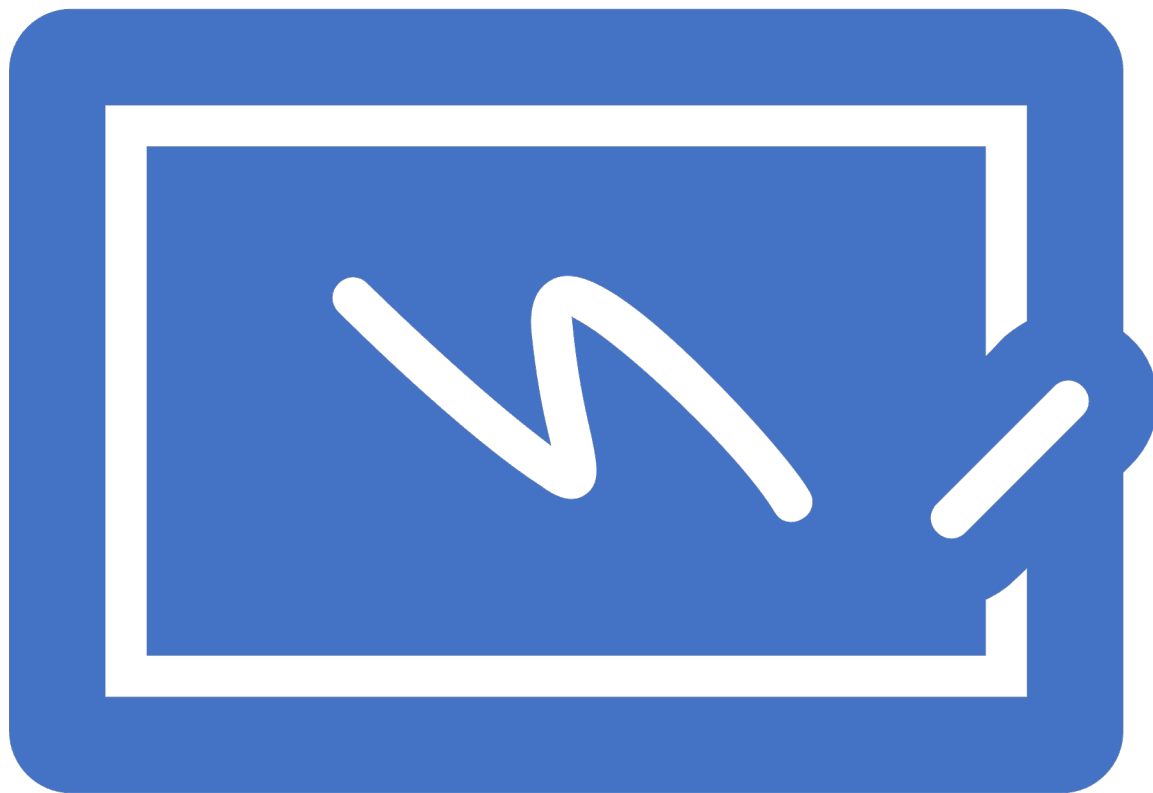
What do you do with any thoughts that came up?



Scribble drawings— freeing up of the mind to think

Instructions: online version

1. Put your drawing tool on your paper
2. Scribble for about 5 seconds with your eyes closed
3. Open your eyes, what do you see?
4. Add something to your scribble
5. Spend 5 minutes finishing your scribble drawing. Bring shapes or objects out, it's like laying on your back and looking at clouds
6. Make a list of the first 5 thoughts/words that come to you when you look at your drawing/scribbles—no censoring
7. Write for 5 minutes--stream of consciousness



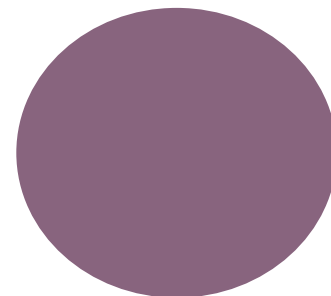
Reflecting: Scribble Drawings

Take a few minutes and reflect about the experience.

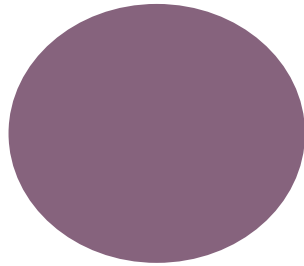
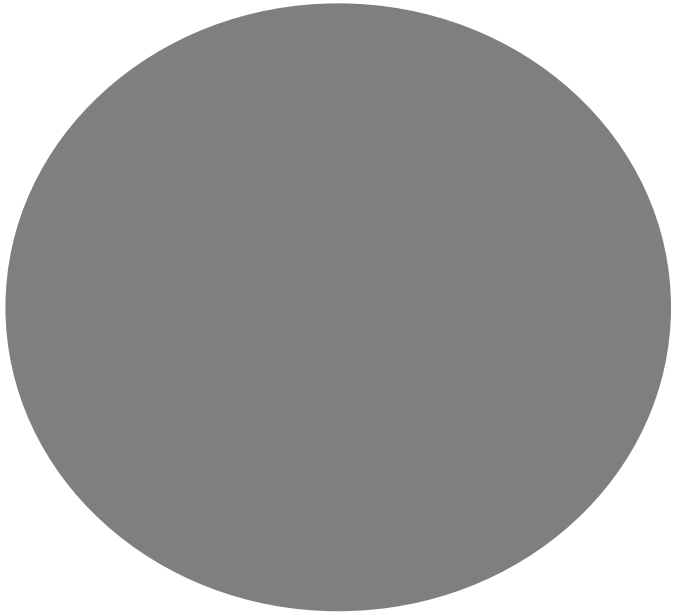
- Was it easy/hard?
- Have you done something like this before?
- Would you do it again?
- How did it feel?
- What thoughts came up, if any?
- What do you do with any thoughts that came up?



- Place your pen or pencil on the paper.
- For 5 minutes make any kind of marks you want on the piece of paper—lines, shapes, curves, big small, circles, squares, whatever you want
- For 5 minutes, do not stop, keep making your marks
- Fill the piece of paper



Activity #2: Drawing is energy

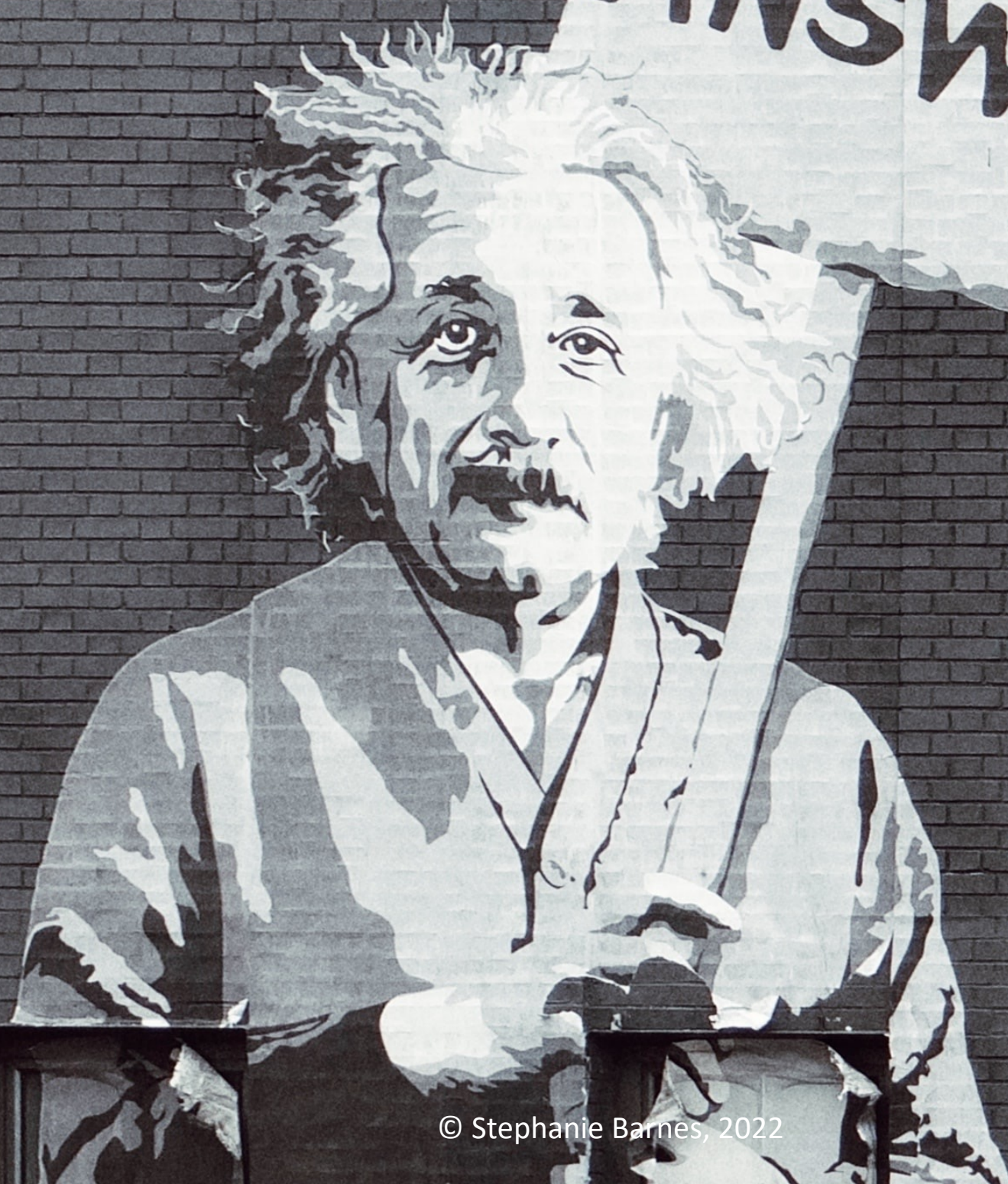


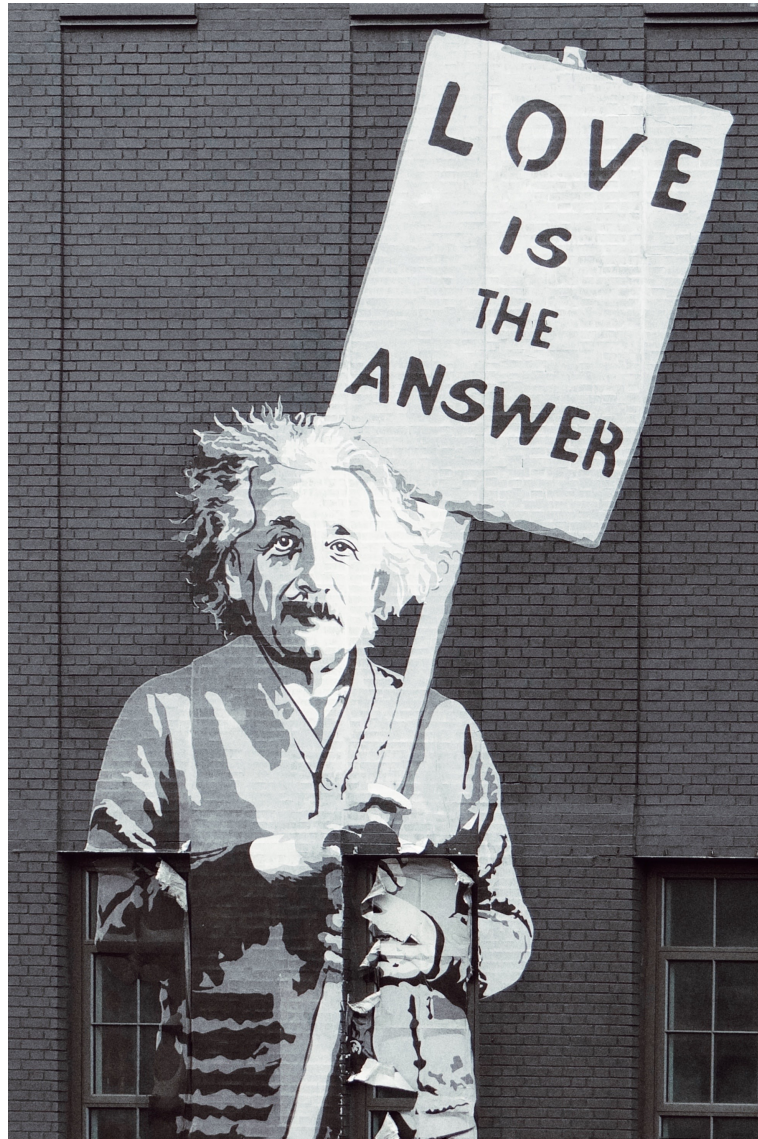
Reflecting: Drawing is energy

1. How were you feeling before we started?
2. How were you feeling during the activity? Did you want to stop?
3. How were you feeling after we ended?
4. Is there a rhythm to your doodles?


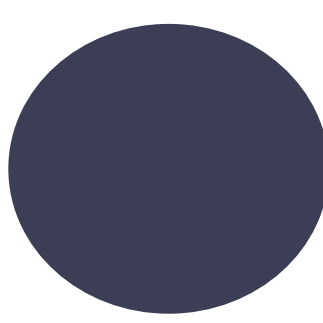

Activity #3: The answer is always “yes”

- **Form pairs:** one interviewer, one interviewee
- **Interviewers:** ask yes/no questions that would be hard to answer with just a yes. **Example:** “Is it true that you are the offspring of Elvis Presley and a space alien?”
- **Interviewees:** answer with, “yes,”, whole-heartedly embracing the concept/question. **Example:** “Yes, and I’d love to take you all for a ride on my blue suede spaceship.” or another possibility: “Yes, and you’d be amazed at how the people on mom’s home planet respond when I sing there.”
- Ask one question then switch roles
- After each person has played each role, switch partners





- Did you find it easier to be the interviewer or interviewee?
- What did you discover in answering “yes” to questions you didn’t agree with?
- How easy was it for you to divorce yourself from more familiar realities and invent new ones?

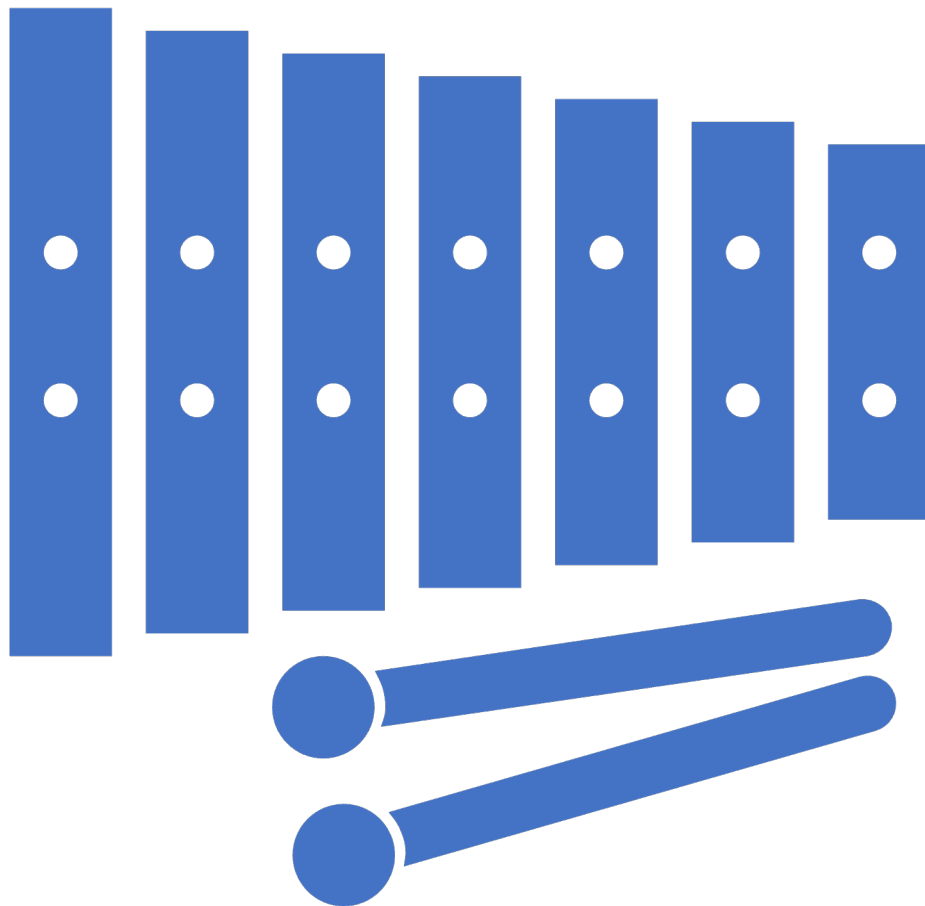
- 
- Form a circle facing each other; if doing this online, write your name in the chat window and that will be the order
 - One person says a word to start a sentence
 - The player on the right says another word to continue the sentence
 - Continuing to the right, each person adds a word to the sentence.
 - The goal is to say a word without hesitation, so that it sounds like a naturally spoken sentence
 - When the sentence is complete, the next person can continue with a totally new sentence, not necessarily connected to the previous sentence.
- 
- 

Activity #4: One word at a time



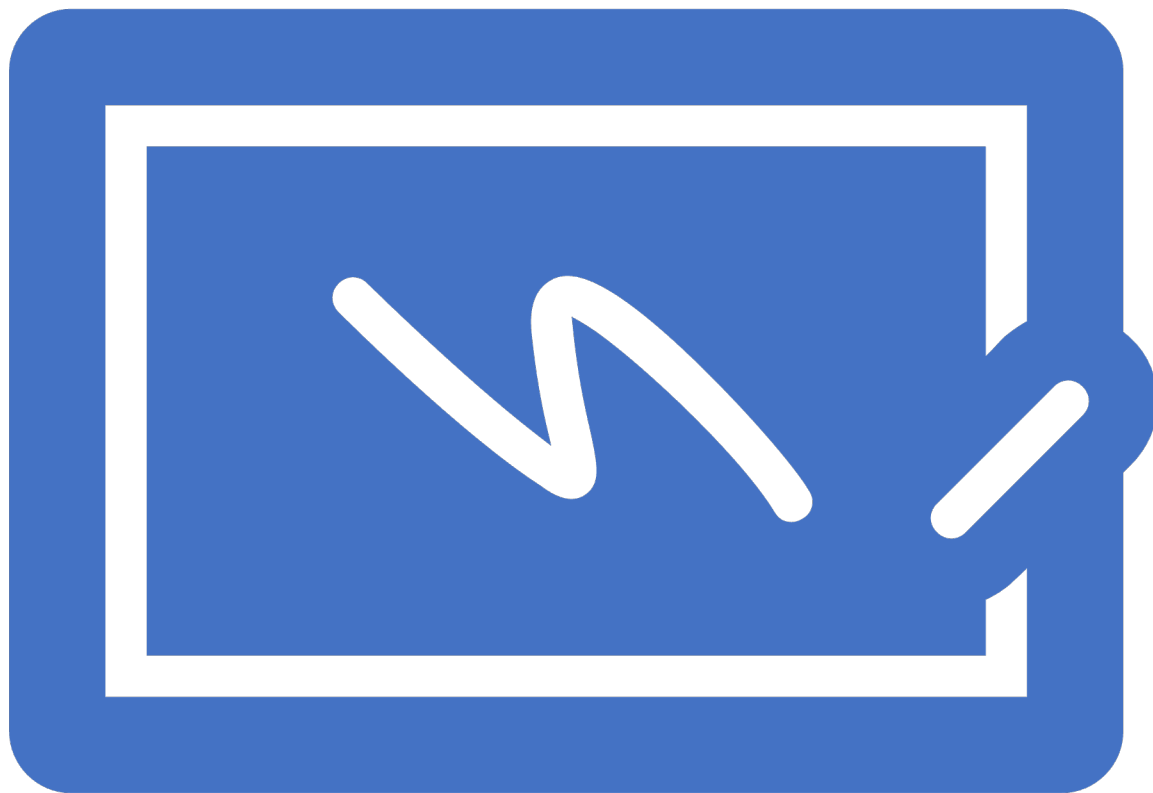
Reflecting: One word at a time

- What helps the team successfully say a sentence together?
- What stops you from saying a word right away when it's your turn?



Activity 5: Making Music

1. Look around your desk/office what do you have that you can make noise with?
 - A coffee/tea cup
 - Pen/pencil
 - Desk
 - Desk lamp
 - Container with objects in it
2. Test out your noise making (mute first then unmute)
 - a) Sounding “goofy” is desirable
 - b) Find 3 different sounds you can make (soft, medium, loud)
3. Improvise some music as a group
 - a) Someone start by playing a beat/rhythm
 - b) The rest join in



Reflecting: Making Music

Take a few minutes and reflect about the experience.

Was it easy/hard?

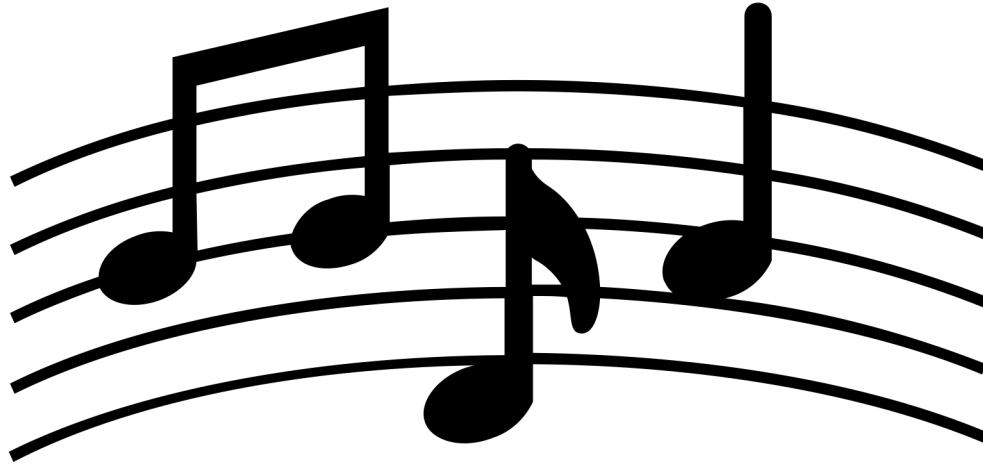
Have you done something like this before?

Would you do it again?

How did it feel?

What thoughts came up, if any?

What do you do with any thoughts that came up?

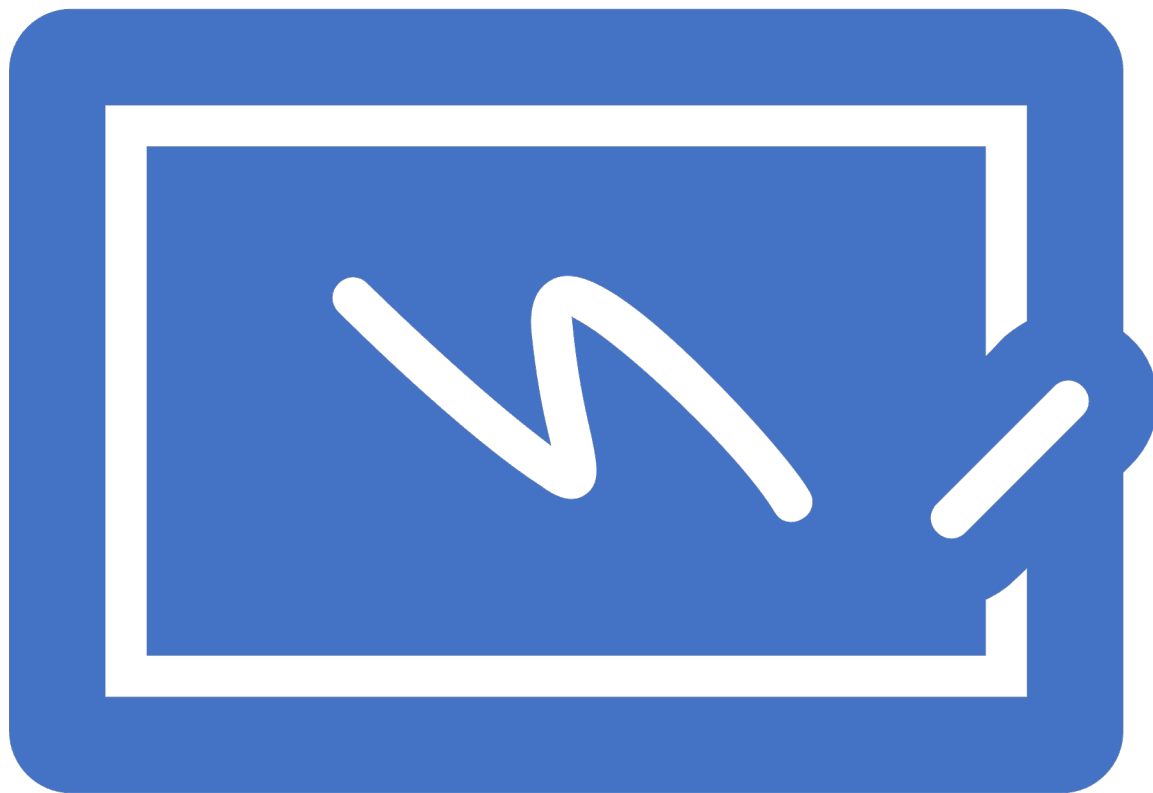


Activity 6: Drawing to Music

- Draw/doodle while listening to a song
- Beethoven's 9th (for example)
 - <https://youtu.be/-kcOpyM9cBg?t=21>

Notes:

1. Share link in chat so that everyone can play it locally and hear it well.
2. Participants need to be on mute when they are listening to the music locally



Reflecting: Drawing to Music

Take a few minutes and reflect about the experience.

Was it easy/hard?

Have you done something like this before?

Would you do it again?

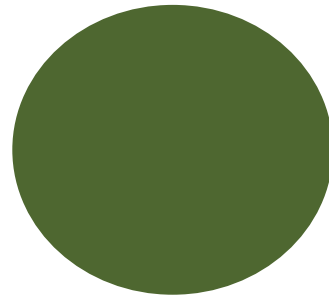
How did it feel?

What thoughts came up, if any?

What do you do with any thoughts that came up?



- Take 5-7 minutes to create a/some Haiku
- Haiku are 3 lines: 5, 7, 5 (syllables)



Activity #7: Haiku

The background features a large, light-colored speech bubble in the upper left corner. To its right, several smaller speech bubbles in various colors (blue, green, orange, red, teal) are hanging from thin black lines. Below these, there are four solid circles of different sizes and colors: a large grey circle on the left, a medium dark blue circle at the bottom center, a small orange circle to the right of the dark blue one, and a very small orange circle above it.

Reflecting: Haiku

Take a few minutes and reflect about the experience.

Was it easy/hard?

Have you done something like this before?

Would you do it again?

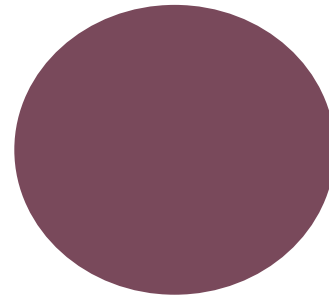
How did it feel?

What thoughts came up, if any?

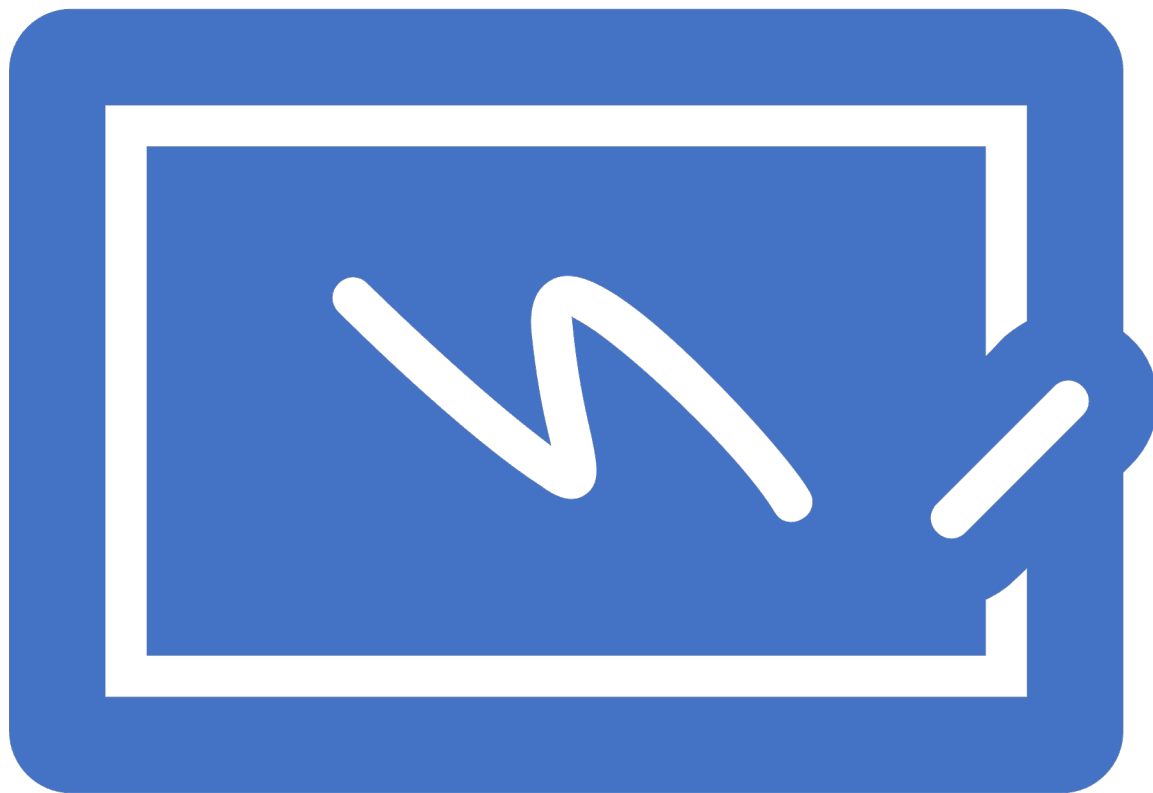
What did you do with any thoughts that came up?



- Use items that you have in/around/on your desk or workstation to create a sculpture
- You have 7 minutes



Activity #8: Desk-top Sculpture



Reflecting: Desk-top Sculpture

Take a few minutes and reflect about the experience.

Was it easy/hard?

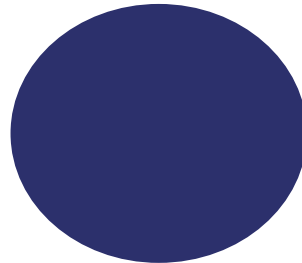
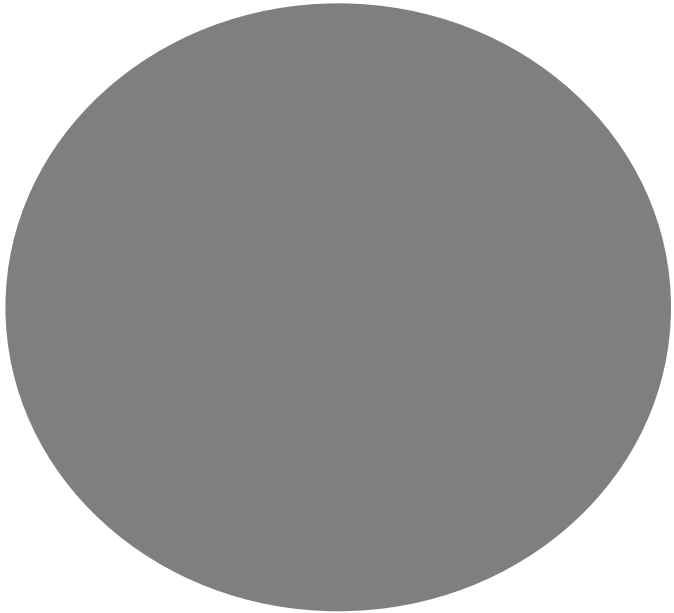
Have you done something like this before?

Would you do it again?

How did it feel?

What thoughts came up, if any?

What do you do with any thoughts that came up?



Activity #9: 10 Things we all have in Common

Using breakout rooms, if necessary, brain-storm things we all have in common



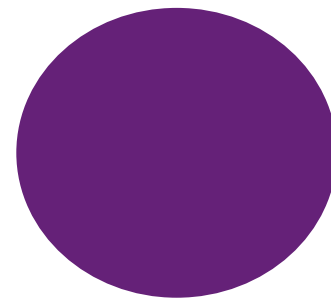
Reflecting: 10 Things we all have in Common

Take a few minutes and reflect about the experience.

1. What did you discover about the things you have in common?
2. Was it easy/hard?
3. Have you done something like this before?
4. Would you do it again?
5. How did it feel?
6. What thoughts came up, if any?
7. What do you do with any thoughts that came up?



- Imagine aliens have landed on Earth and want to learn about your company/country/city. They don't speak any of Earth's languages or understand our way of life, so it needs to be explained with five symbols or pictures
- Take 5-7 minutes and find 5 photos or draw 5 symbols that tell the story of your company/country/city



Activity #10: Aliens have Landed



Reflecting: Aliens have Landed

Take a few minutes and reflect about the experience.

1. Was it easy/hard?
2. Have you done something like this before?
3. Would you do it again?
4. How did it feel?
5. What thoughts came up, if any?
6. What do you do with any thoughts that came up?



Activity #11: Story Cubes

Make a story from the pictures on the cubes

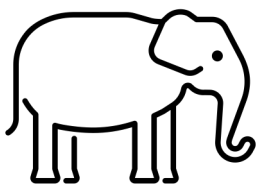
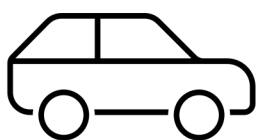


Reflecting : Story Cubes

- Was it easy/hard?
- Have you done something like this before?
- Would you do it again?
- How did it feel?
- What thoughts came up, if any?
- What did you do with any thoughts that came up?

Activity #12: Non-Dominant Hand Drawing

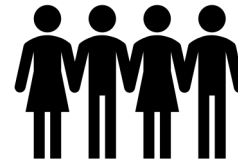
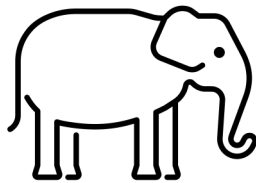
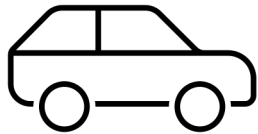
- Supplies
 - Piece of paper
 - Pen/pencil
- With your non-dominant hand draw a(n):
 - Elephant
 - Car
 - Person beside you/ yourself



*from IDEO Unlocking Creativity course

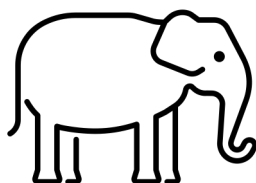
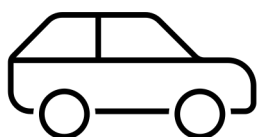
Non-Dominant Hand Drawing

- Crumple it up and throw it out/over your shoulder



Non-Dominant Hand Drawing: Debrief

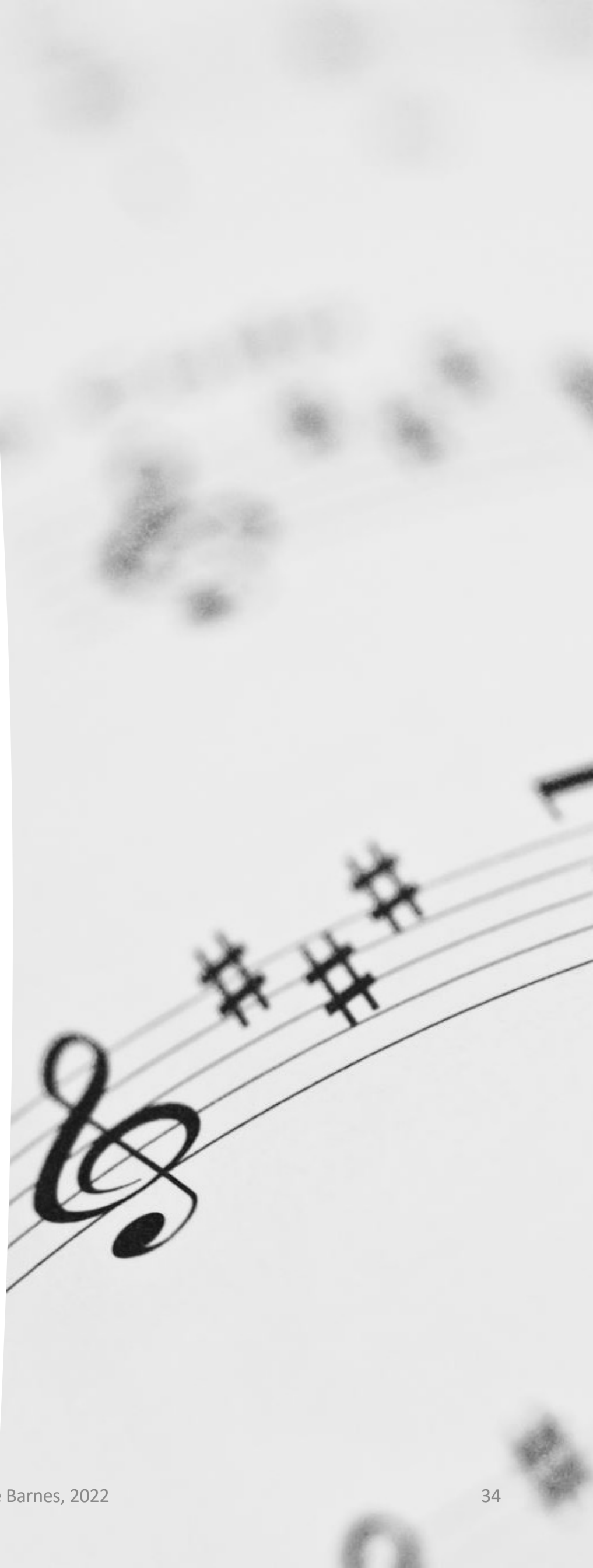
- Was it easy/hard?
- Have you done something like this before?
- Would you do it again?
- How did it feel?
- What thoughts came up, if any?
- What did you do with any thoughts that came up?



Activity #13: Musical Musings

- Pick a song that you like but that you don't know all of the words to, listen to it all of the way through
 - Is there something in the lyrics that you hadn't noticed before?
 - Who wrote it?
 - Why did they write it?
 - How does it make you feel?
- Follow your curiosity

*from IDEO Unlocking Creativity course



Musical Musings: debrief

- Was it easy/hard?
- Have you done something like this before?
- Would you do it again?
- How did it feel?
- What thoughts came up, if any?
- What did you do with any thoughts that came up?

*from IDEO Unlocking Creativity course

Activity #14: Visual Thinking Strategies

Looking at the world in a different way



The Travelling Companions, 1862.
Artist: Augustus Leopold Egg

What More can we Find?

- What's going on in this picture?
- What makes you say that?
- What more can we find?

*from IDEO Unlocking Creativity course



My Second Sermon. 1864
By John Everett Millais

What More can we Find?

- What's going on in this picture?
 - What makes you say that?
 - What more can we find?
-
- *from IDEO Unlocking Creativity course



Sarehole Mill. Later 1800's early 1900's Artist: George Willis Pryce

What More can we Find?

- What's going on in this picture?
- What makes you say that?
- What more can we find?

*from IDEO Unlocking Creativity course

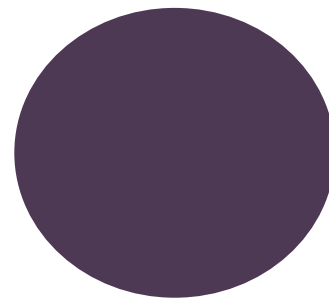


Reflect

- How did that feel?
- How were you stretched to think or look differently?
- What role did the facilitator play?
- How might you use VTS (Visual Thinking Strategies) in your own work?



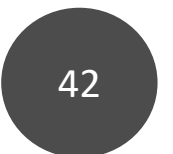
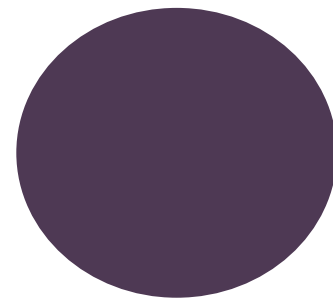
1. One person says, “I know...”
2. The group replies, “What?”
3. First person says, “We should all...”
4. Group replies, “Yes, lets”
5. Everyone does whatever activity was suggested by the first person.
6. Someone thinks of something else to do and starts over by saying, “I know...” this continues until the facilitator ends the activity.




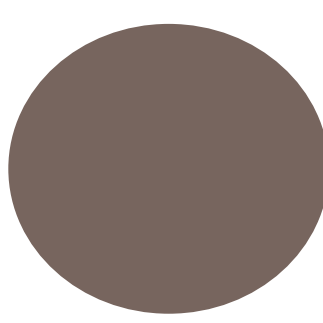

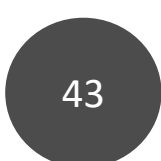
Activity #15: I Know...



- Was it easy/hard?
- Have you done something like this before?
- Would you do it again?
- How did it feel?
- What thoughts came up, if any?
- What did you do with any thoughts that came up?



Debriefing, “I know...”

- 
1. A New Culture of Learning: cultivating the imagination for a world of constant change by Douglas Thomas and John Seely Brown.
 2. Artistic Interventions in Organisations: research, theory and practice; edited by Ulla Johansson Scöldberg, Jill Woodilla, and Ariane Berthoin Antal.
 3. Artful Creation: Learning-tales of Arts-in-business, by Lotte Darsø.
 4. Artful Making: what managers need to know about how artists work, by Rob Austin and Lee Devin.
 5. Creative Company: how artful creation helps organisations surpass themselves by Dirk Dobiéy and Thomas Koeplan.
 6. The Value of Arts for Business by Giovanni Schiuma.
 7. Orbiting the Giant Hairball: A Corporate Fool's Guide to Surviving with Grace by Gordon Mackenzie.
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Book List

Additional books

1. Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul by Stuart Brown M.D., and Christopher Vaughan
2. A Whole New Mind: why right-brainers will rule the future by Daniel H. Pink
3. Out of Our Minds: Learning to be Creative by Ken Robinson
4. The Master and his Emissary by Iain McGilchrist
5. The Lost Knowledge of the Imagination by Gary Lachman
6. Invisible Women by Caroline Criado-Perez
7. Leading from the Emerging Future: from Ego-system to Eco-system Economies by Otto Scharmer and Katrin Kaeufer
8. Dance of Change by Peter Senge, Art Kleiner
9. Spiral Dynamics Integral by Don Beck (abridged audiobook)
10. Thinking in Systems: A Primer by Donella H. Meadows
11. The Knowledge-Creating Company: How Japanese Companies Create the Dynamics of Innovation by Ikujiro Nonaka and Hirotaka Takeuchi
12. The Wise Company: how companies create continuous innovation by Ikujiro Nonaka and Hirotaka Takeuchi
13. Creative Confidence: Unleashing the Creative Potential Within Us All by Tom Kelley, David Kelley
14. Manifesto for a Moral Revolution: Practices to Build a Better World by Jacqueline Novogratz
15. How Emotions Are Made: The Secret Life of the Brain by Lisa Feldman Barrett
16. Seven and a Half Lessons About the Brain by Lisa Feldman Barrett
17. Power of Not Thinking by Simon Roberts
18. Free Play: Improvisation in Life and Art by Stephen Nachmanovitch
19. How Emotions Are Made: The Secret Life of the Brain by Lisa Feldman Barrett
20. Seven and a Half Lessons About the Brain by Lisa Feldman Barrett
21. Power of Not Thinking by Simon Roberts
22. Free Play: Improvisation in Life and Art by Stephen Nachmanovitch
23. The 4 Stages of Psychological Safety: Defining the Path to Inclusion and Innovation by Timothy R. Clark
24. How the World Thinks: a global history of philosophy by Jullian Baggini
25. The Silk Road: a new history of the world by Peter Frankopan
26. Say What You Mean: A Mindful Approach to Nonviolent Communication by Oren Jay Sofer, and Joseph Goldstein

Radical KM Papers

Radical KM is about adding creativity to knowledge management. Since July 2021 I have published three papers on it, they can be accessed as described below:

“Radical Knowledge Management: Using Lessons Learned From Artists to Create Sustainable Workplaces” was published in July 2021 by

Frontiers in Artificial Intelligence, AI in Business: Knowledge and Innovation Management Research Topic

and can be found here:

<https://www.frontiersin.org/articles/10.3389/frai.2021.598807/full>

Other papers can be accessed here:

<https://orcid.org/0000-0003-1318-0410>

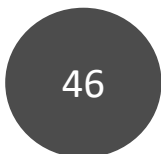
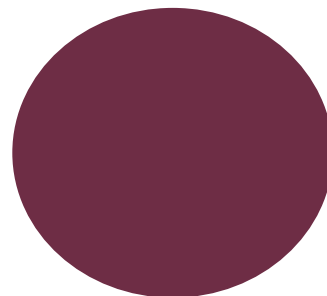
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