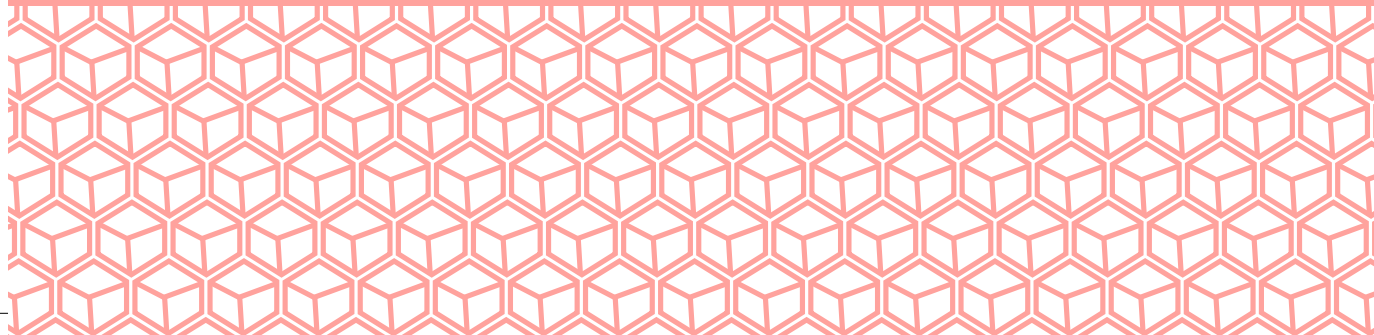




**INNO
BOKSI**

SECTION

2



What are warm-up exercises needed for?

The purpose of the following exercises is to warm up the mind and brain. If you begin brainstorming without warming up, there is a danger that your ideas will be too familiar and boring. Indeed, the best ideas are sometimes born of crazy thoughts that can be altered to create the perfect project.

Some people use music to get into a creative mindset; others may prefer a different form of cultural expression, while some may stir their creativity by taking a walk in natural surroundings.

We have compiled 10 activities intended to inspire thinking. It would be best if you approached all of the exercises in this package with an open mind. The purpose of the exercises is to lead you away from conventional, customary thinking and into a creative mindset.



Warm-up exercises

The following cards include a wide variety of exercises, some of which should be done individually and some should be done in a group. Remember that all of the tasks can always be adapted. → When you have completed the warm-up exercises, go to section 3.

TASK

Select and do three to five of the following tasks.

- **Exercise 1** New uses (Card 3)
- **Exercise 2** World peace (Card 4)
- **Exercise 3** Supplementation (Card 5)
- **Exercise 4** Drawing (Card 6)
- **Exercise 5** Dream map (Card 7)
- **Exercise 6** Dinosaur (Card 8)
- **Exercise 7** Paper aeroplane (Card 9)
- **Exercise 8** iPad (Card 10)
- **Exercise 9** Combination (Card 11)
- **Exercise 10** Something new (Card 12)

2

3

Exercise 1 (New uses)

Number of people

- Alone or in a group

Equipment

- Exercise book, pen, clock

Description

- The aim is to invent new uses for familiar objects.

TASK (exercise book, task 4)

Invent 20 new uses for paper books, and write them all down. If you are doing the exercise in a group, choose a scribe for the group. After 5 minutes present your ideas to others.

Time

- 5 minutes + 5 minutes



Exercise 2 (World peace)

Number of people

- Alone or in a group

Equipment

- Exercise book, pen, clock

Description

- The aim is to think about how different objects could be used to bring about world peace.

TASK (exercise book, task 5)

- Look around you for a moment. Which objects are nearby?
- Pick three and think about how these objects could be used to bring about world peace.
- Write down the name of the object along with a brief description of how it can be used to bring peace to the world.

Time

- 10 minutes

Exercise 3 (Supplementation)

Number of people

- Alone

Equipment

- Exercise book, pen, clock

Description

- This is an empty circle mystery. The aim is to think up new content for as many circles as possible in the given time.

TASK (exercise book, task 6)

The basis for the exercise is in the exercise book. Draw, write or otherwise mark something in as many of the circles as possible. For example, you could choose to turn the circle into a football, a clock or something similar.

Time

- 5 minutes



Exercise 4 (Drawing)

Number of people

- Alone

Equipment

- Computer, phone or tablet. Exercise book, pen, clock.

Description

- The aim is to learn a new skill quickly.

TASK (exercise book, task 7)

Search for “Learn to draw a cat” on YouTube. Choose one of the first videos on the list with a duration of fewer than 5 minutes. Follow the instructions in the video and try to complete the drawing in less than 20 minutes. Draw your final version of a cat in the exercise book. You have now learned to draw a cat.

Time

- 30 minutes

Exercise 5 (Dream map)

Number of people

- Alone

Equipment

- Flipchart paper or another large piece of paper, felt-tip pens, old newspapers/magazines, glue, scissors. You can also use computer or tablet to complete the exercise.

Description

- This exercise involves building a dream map of a perfect world. The purpose of the exercise is to visualise.

TASK

The exercise can be done either entirely on paper or, alternatively, using a computer. If you do the exercise on paper, try to find newspapers/magazines with as many images as possible. Make sure you have scissors, glue and card or a large piece of paper nearby. The aim is to cut and stick or draw things that represent a perfect world. You can also do this exercise on a computer with the help of websites such as the following. ➡ <http://www.gomoodboard.com>, www.canva.com, www.pinterest.com

Time

- 30 minutes

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Exercise 6 (Dinosaur)

Number of people

- Alone

Equipment

- Exercise book, pen, clock.

Description

- The aim of this exercise is to think about how you formulate opinions.

TASK (exercise book, task 8)

What comes to mind when you think about dinosaurs? Write your thoughts about dinosaurs in the grid in the exercise book: what would you like to say to them? How do you feel about them? What would you do with a dinosaur?

Time

- 8 minutes



Exercise 7 (Paper aeroplane)

Number of people

- Group

Equipment

- A4 paper (as many sheets as there are groups)

Description

- The aim of the exercise is to find out how the group members go about building a paper aeroplane by working together.

TASK

Jointly make one paper aeroplane for the group. The group members are only allowed to use their weaker hands (right-handed people use their left hands and vice-versa). You have five minutes to make the paper aeroplane. When the time is up, and the paper aeroplanes are finished, everybody should stand on the same line and take it in turns to throw using their weaker hands. The winning group is the one whose paper aeroplane flies furthest.

Time

- 10 minutes

Exercise 8 (iPad)

Number of people

- Group

Equipment

- Exercise book, pen, clock

Description

- This exercise will awaken your creativity.

TASK (exercise book, task 9)

The task is to invent various uses for an iPad without a screen. What would your group use an iPad for if the screen did not work? Write down as many ideas as possible in the exercise book and prepare to present the best one to the others when the time is up.

Time

- 5 minutes + 5 minutes

Exercise 9 (Combination)

Number of people

- Group

Equipment

- Exercise book, pen, clock

Description

- This exercise will awaken your creativity. In this exercise, the task is to combine two different objects and come up with as many new uses as possible for the combination. At the end, the best idea for both pairs of objects will be selected.

TASK (exercise book, task 10)

This exercise is done in pairs or small groups. Prepare to present the best ideas to the other groups when the time is up. You have five minutes to complete the exercise. You can write down your answers in the exercise book.

Time

- 10 minutes



Exercise 10 (Something new)

Number of people

- Alone or in a group

Equipment

- Pen and exercise book

Description

- This exercise involves creating new services.

TASK (task sheet 1 – combination)

The task is to take Post-It notes and write down as many things that come to mind on each theme, and then stick the Post-It notes in the correct places on the grids on task sheet 1 (combination) in the boxes.

- Write human-related things (sleep, affection, exercise, nutrition, etc.) on the Post-It notes for the “Human” section.
- Write technology-related things (computer, website, chat, console, etc.) on the Post-It notes for the “Technology” section.
- Write society-related things (bank, school, swimming pool, money, etc.) on the Post-It notes for the “Society” section.
- When you have stuck the Post-It notes, pick one from each section (Human, Technology, Society) at random and stick them in a row in the “Combination” section. Then invent a new service or innovation based on the words.

