

Creativity Workshop at CADA

One challenge of being creative is shutting down the analysis for a while and allowing the artistic senses emerge. Creativity comes from a balance of the analysis and the artistic senses. Can we learn to put away our evaluation skills long enough to allow possibility to emerge?

One strategy around Creativity is to stimulate the senses in a positive way and then create conversation around a challenge or opportunity you are facing.

As we look to be creative we often fall into one of three categories:

- 1 We keep an existing idea and make some modifications to it**
- 2 We keep an existing idea and make significant changes**
- 3 We start a new idea from scratch –**

Another strategy around Creativity is to find alternative locations to meet in. To often we return to the same location we always meet in an expect to find people in a creative space. Consider a different space to have your discussion in. Put out some coloring books and invite people to color while talking. Set out some Leggos and encourage people to create physically while they are trying to create mentally. Offer people a rubik cube or a slinky to play with while they are in conversation – both are quiet ways to engage the hands while stirring the mind.

A third strategy is to avoid evaluation while in the creative process. Sure, you will evaluate at some point down the road yet for the early part of the process allow ideas to flow – often times the unreasonable ideas will be left behind without even having to discuss them while other ideas will be developed because the group is fully engaged in positive possibilities.

Websites to visit:

Phil Boyte **philboyte.com**
Ted.com **Julian Treasure -**
 The 4 Ways Sound Affects Us
Highschoolsportsleader.com

Books to Check out:

A Whole New Mind **Daniel Pink**
The Art of Possibility **Ben Zander**
Outliers **M. Gladwell**

Activities to Stimulate the Right Side of the Brain:

Play: Midnight Madness – one dice, one pen, each person has a piece of paper. Standing in a circle one person will start to write numbers on their paper in order 1 – 50. The person to their left must roll the dice until they roll a one or six. When they roll the correct number they grab the pen and start to write the numbers on their own paper. The person to their left starts to roll hoping for a one or six when they will grab the pen and start writing. When the pen returns again to the first person who held it they start writing numbers toward 50 from the last number they had written prior to the pen being grabbed. First person to 50 wins the game.

Art: House Drawing Have two people work together *without talking* to draw a picture of a magnificent house – including landscaping. The challenge is that each person can only draw one line at a time – as they do this the house will emerge.

Senses: Soda Pop Taste Testing- purchase a variety of flavors of soda and using small cups give each participant a taste of the various flavors and then ask their opinions on the flavors. Keep the actual flavors a secret till the end and then tell them how the flavors were judged. (feel free to offer other tastes as well – desserts, chip dip flavors.

Story Telling: Everyone is assigned a partner and each tell the other a story. People are intrigued by story – give each person a subject to tell. They each tell a story for three minutes. Subjects to consider: tell me the best love story you have been involved in or heard of.; tell me about a scar you have – it might be on the outside or insider; tell me about someone that loves you – really cares about you in a deep way; tell me about something you did and at the time you didn't believe you could do it but you did.

Drama: Scenes in a Minute – the group stands in a circle and the leader calls out a location. The group must then act out scenes they might find in that location. The goal is to create as many scenes at that location in one minute. Once the leader says go one person at a time jumps into the center of the circle and acts out their scene while the group tries to figure out what it is. When someone guesses the person jumps out and another person acts out a new scene. Should be lots of fun.

Self-Expression: Graffiti Wall - hang paper on the wall and give em markers and let em tag the wall. Have each person tell a partner what is represented by what they created. Tell the story about that graffiti.

