

Instructions for the creativity exercises

This kickstarter set can help you get started on a creativity journey to develop new creative skills, boost your creative confidence, and nurture a creative team culture.

Become better at developing ideas that go beyond current logic, challenge what everyone else takes for granted, and look for potential where most others can only find trouble.



3-6 minutes

Ideator training exercise

Rethink cinema experience

What solutions can you use from a museum? What ideas might a sport coach develop for this? What principles can you use from a trampoline? Try to use other organisations, professions and objects as inspiration for your ideas.



3-6 minutes

Explorer training exercise

Most supermarkets place products on shelves - Let's challenge that

What if we somehow do the opposite?

What if we make them extreme in some way?

What if we simply remove them (or replace them)?



3-6 minutes

Visionary training exercise

A colleague suggests to have two-seater office chairs

Imagine how this idea would affect specific situations related to the use of office chairs (or potential new uses of office chairs). Look for all potential positive effects from the idea.



3-6 minutes

Ideator training exercise

Rethink how to welcome children in a kindergarten

What solutions can you use from a hotel? What ideas might a dentist develop for this? What principles can you use from a remote control? Try to use other organisations, professions and objects as inspiration for your ideas.



3-6 minutes

Explorer training exercise

Most windows have curtains - Let's challenge that

What if we somehow do the opposite?

What if we make them extreme in some way?

What if we simply remove them (or replace them)?



3-6 minutes

Visionary training exercise

Some colleagues have started having all their meetings in total silence

Produce alternative explanations to why they might do this.
Produce as many alternative explanations as possible.



3-6 minutes

Ideator training exercise

Rethink a playground

What solutions can you use from a car mechanic? What ideas might a diver develop for this? What principles can you use from a tennis racket? Try to use other organisations, professions and objects as inspiration for your ideas.



3-6 minutes

Explorer training exercise

Most shoe stores have mirrors - Let's challenge that

What if we somehow do the opposite?

What if we make it extreme in some way?

What if we simply remove the the it (or replace it)?



3-6 minutes

Visionary training exercise

Someone suggests to have seat belts for sofas

Imagine how this idea would affect specific situations related to the use of sofas (or potential new uses of sofas). Look for all potential positive effects from the idea.



3-6 minutes

Ideator training exercise

Rethink virtual meetings

What solutions can you use from a café? What ideas might an optician develop for this? What principles can you use from a playground? Try to use other organisations, professions and objects as inspiration for your ideas.



3-6 minutes

Explorer training exercise

Most bars serve drinks in glasses **- Let's challenge that**

What if we somehow do the opposite?

What if we make them extreme in some way?

What if we simply remove them (or replace them)?



3-6 minutes

Visionary training exercise

Some colleagues have started to work from under the work desk

Produce alternative explanations to why they might do this.
Produce as many alternative explanations as possible.



3-6 minutes

Ideator training exercise

Rethink airplane service

What solutions can you use from a prison? What ideas might a racing driver develop for this? What principles can you use from a fishing net? Try to use other organisations, professions and objects as inspiration for your ideas.



3-6 minutes

Explorer training exercise

Most buses have entrance doors on the side - Let's challenge that

What if we somehow do the opposite?

What if we make them extreme in some way?

What if we simply remove them (or replace them)?



3-6 minutes

Visionary training exercise

Someone suggests to serve coffee in tin cans

Imagine how this idea would affect specific situations related to how we drink coffee (or potential new ways to drink coffee).
Look for all potential positive effects from the idea.



3-6 minutes

Ideator training exercise

Rethink a clothing store

What solutions can you use from a restaurant? What ideas might a mine worker develop for this? What principles can you use from a bicycle? Try to use other organisations, professions and objects as inspiration for your ideas.



3-6 minutes

Explorer training exercise

Most restaurants serve food on plates **- Let's challenge that**

What if we somehow do the opposite?

What if we make them extreme in some way?

What if we simply remove them (or replace them)?



3-6 minutes

Visionary training exercise

Some colleagues suggest to remove all furniture from meeting rooms

Produce alternative explanations to why they might do this.
Produce as many alternative explanations as possible.