

Methods experienced e s in co-creation workshops Good Design Pla y book .

## Stimulate without exhausting

Small transition exercises to train between two activities

### 1. Represent oneself

Time : 1 to 2min / participants

Beginning of session exercise



#### Exercise :

#### An object that (re) presents me

Ask participants beforehand to come to the session with an object that belongs to them. The participant can choose this object because :

- He just likes her a lot (emotional choice)
- He has an anecdote on this object
- He uses it every day, the object is essential for him ( practical choice )
- He finds that this object represents him well (symbolic choice)

Each participant of the meeting will present and explain to others why the object brought the represents or represents a high point of his life in a few sentences .

#### Objectives :

- Introduce yourself more intimately than by a classic round table ( first names, ages and situation s) .
- Break the ice between the participants and form a first relationship .
- Approach from the beginning of the session the object, beyond its practical aspect, on its affective and symbolic aspects.

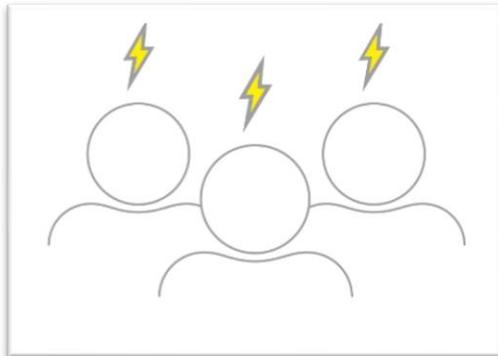
#### What was concluded in the workshop :

“ The objects that surround us embody moments of our life, situations, imaginations, facets of our personality. This day we are going to talk about objects, beyond the functional side , what interests us are the emotions, the desires, the experiences that we live with them. ”

## 2. A little icebreaker to stimulate co-creation

Time : 5 to 30 seconds / participants

Exercise to introduce the co-creation workshop



### **Exercise :**

#### **Tell a story together**

Each participant tells , one after the other, a piece of a story invented to form a coherent story at the end of a turn.

### **Example :**

Lea

" Once upon a time ... "

Sammy

" A dragon, like no other ... "

Noah

" Who wanted to cover themselves in glitter. "

Marlene

" That's why, this dragon decided ... "

Mia

" To rub shoulders with silver seashells ... "

Eric

" To be glittery from head to toe ! "

### **What was concluded in the workshop :**

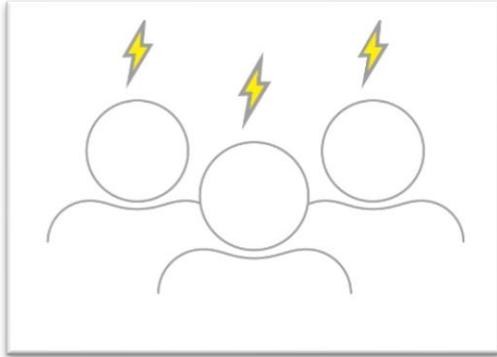
" Through this game we have created and evolved a situation all together.

This is the principle of co-creation. This is what we are all going to do together today through co-creation activities . "

### 3. A little icebreaker to stimulate divergent thinking

Time : 2 to 15 seconds / participants

Exercise to introduce the co-creation workshop



**Exercise :**

**Word association**

Each participant shares, one after the other, the first word he thinks of, according to the last shared word .

**Example :**

Mia

" Blue "

Noah

" Sky "

Sammy

" Birds "

Lea

" Eggs "

**Objective :**

This exercise allows participants to experiment with the mental process of divergent thinking. This exercise then serves as a small mental gymnastics before launching a creative activity which is based on the same principle.

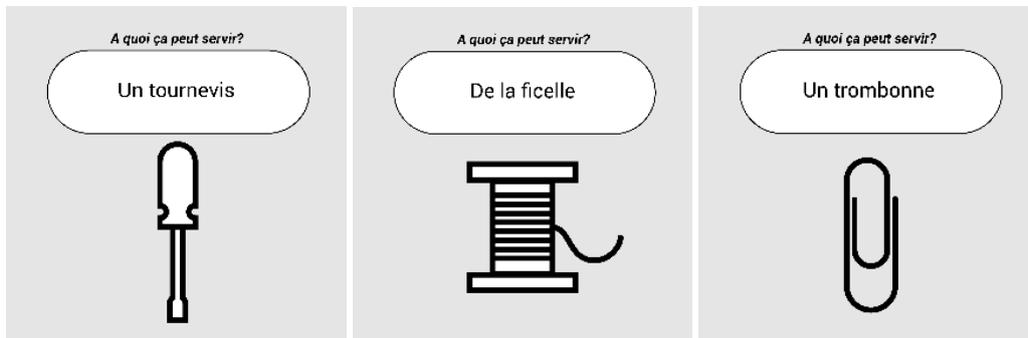
**What was concluded in the workshop :**

“ What we have just done is based on what is called ' divergent thinking '. From a first idea, we advance one step further on a multitude of other ideas. This is what we are going to do to spend unleashing our creativity on the next activity . To imagine solutions ! ”

## 4. A little turn to diverge on an object

Time : 3 minutes per “ object cards ” drawn at random.

Exercise to do before imagining solutions on the object.



**Exercise :**

**An object in all these states**

Give the possible use of alternatives s the one after the other for the same object, as absurd as it may seem.

**Example :**

A participant draws an “ object card ” at random . The map shows a brick.

Animator

" What can a brick be used for ?" "

Eric

" To build a wall "

Mia

" To stall a door "

Marlene

" D e trivet "

**Objective :**

This exercise allows participants to apply divergent thinking to an object and stimulate their creativity for the next activity.

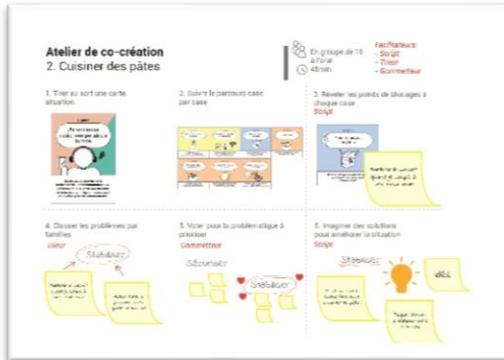
**What was concluded in the workshop :**

“ When you change the context and the purpose of the same object, you find new ways to use it ! ”

## 5. A little warm-up : making pasta

Time : 3 minutes per stages of the user journey

Simplified activity to allow participants to test before a more complex activity.



### Explanation of the game

- Imagine a daily action : making pasta.
- Explain that it's a warm-up lap
- Unroll the user path followed to make pasta ( Tool available in the Good Design Playbook ) .

To make pasta I will perform several steps:

I want a particular recipe, I organize my work plan , I open the package of pasta ...



- Collectively draw a situation card at random  
Example of card drawn: " I am an astronaut ".



- To do all the art steps in this situation :  
" I am an astronaut and I make pasta "
- At each step, give the problems encountered :  
" Q hen I opened the packet of pasta with my astronaut gloves for example, what problems I will encounter ? "
- Example of responses from participants :  
" J e am having trouble opening the plastic bags or boxes cartons", " for jars to loosen, it will slide with astronaut gloves " ...
- Try the exercise in a few steps, until everyone participates and feels comfortable
- Begin the activity on a more complex action (for example, a recipe for pastry and its cream with zucchini and goat cheese), noting the answers and limiting the time with a stopwatch.

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