

## Creative Exercises

A collection of 36 exercises has been created to go with the clusters. There are six for each of the six creative techniques as follows:

### Creative Thinking 1: Reversal Thinking

Pictures	The Worst Living Room in the World
Music	The Worst Music Festival in the World
Words	The Worst TV Soap in the World
Logic	The Worst Mountain Bike in the World
People	The Worst Workplace in the World
Movement	The Worst Football Team in the World

### Creative Thinking 1: Lateral Thinking

Pictures	Design Challenge – room or workplace
Music	Bash the Trash – making musical instruments
Words	Story Starter – story from a collection of words
Logic	Inventor's Challenge
People	Case studies - bullying
Movement	Desert Island Challenge

### Creative Thinking 2: Six Thinking Hats

Pictures	Paper-free advertising
Music	Free music lessons
Words	Paper-free media
Logic	Child benefit – straight to children
People	Happy Hour – pros and cons
Movement	Exercise on prescription

### Creative Thinking 2: The Journalistic Six

Pictures	Arranging an exhibition
Music	Celebration – landmark birthday
Words	Halloween story
Logic	Safety at work – case study
People	Family party/weekend away
Movement	Sports/dance Weekend

### Creative Techniques: Mindmapping

Pictures	Colour
Music	Radio

Words	Language
Logic	Cars
People	Relationships
Movement	Martial arts

### **Creative Techniques: Brainstorming**

Pictures	Ways to get people painting and drawing
Music	Ways to discover new bands
Words	Marketing a new fragrance
Logic	Ways to discourage use of cars
People	Ways to find a new partner
Movement	Ways to encouraging people to keep exercising

After learners have learned a creative technique (e.g. Journalistic Six), they can be directed to the six exercises that have been written to give them a chance to apply that technique.

They may choose an exercise based on their strengths and preferences as shown in results of the creativity quiz – or they may decide they prefer the look of another exercise. The choice should be left open. If nothing suits exactly, you could negotiate to adapt an exercise, e.g. for the Worst Mountain Bike in the World they might prefer the worst motor bike – or worst speedboat.