

LESSON PLAN 4

THIRTY CIRCLES



ABOUT THE LESSON PLAN

DURATION: 5 min + 15 min for discussion (20 minutes)

MATERIALS REQUIRED: working sheets, pens

OBJECTIVES:

Thirty Circles represents a great warm-up exercise, that can be done individually or in a group. Its main goal is to stimulate the participants' creativity by turning 30 circles into recognizable objects in a very short period of time (5 minutes).

LEARNING OUTCOMES:

- Creativity;
- Generating ideas;
- Flexibility;
- Working under pressure;
- Thinking outside the box;
- Originality.

LEARNING CONTENT

Besides being a great warm-up exercise, Thirty Circles offers a quick lesson about ideation. When you generate ideas, you are balancing two goals: fluency (the speed and quantity of ideas) and flexibility (ideas that are truly different and distinct).

Step 1

Give each person a pen, pencil or marker and a page with 30 circles (Handout_4-1).

Step 2

Have a timer for 5 minutes ready. When everyone is good to go, start the timer and start drawing!

Step 3

Fill in as many of the circles into recognisable objects – the goal is quantity, not quality.

Step 4

Compare the results: look at how many circles were filled in and how diverse the answers are. Did anyone use the spaces outside the circles or combined two circles to make a picture? How many people filled in ten, fifteen, twenty or more circles? (Typically, most people don't finish.) Next, look for diversity or flexibility in ideas. See if the ideas are derivative (a basketball, a baseball, a volleyball) or distinct (a planet, a cookie, a happy face).

Further discussion:

- How did it feel to create ideas?
- You had a limited time. How did it feel to have that pressure?
- How can this activity help us think about how to be creative with our ideas in general?

TIPS FOR FURTHER READING

Bibliography

- <https://clubexperience.blog/2018/03/29/30-circles-challenge-creative-icebreaker-activity-with-free-download/>
- <https://innovationlab.net/blog/9-best-exercises-to-spark-creativity-in-ideation/>
- <https://www.theglobalday.org/wp-content/uploads/2013/11/Worksheet-30-Circles-Bernstein-Maya.pdf>

HANDOUTS

- Handout 4