

# Exercises



# Academy for Creativity

## Number 1:

Try to invent a creative dish before you decide what to eat for dinner. Produce as many ideas as possible WITHOUT searching for recipes online. After having spent 15 minutes coming up with ideas, you select the best. Try to do this every time you have to decide what to eat for dinner.

## Number 2:

Try to redesign one of the games in Academy for Creativity into an offline version. Play it today or tomorrow with a friend or family member to enhance your creativity in good company.

## Number 3:

Try to come up with a new way of getting out of the bed in the morning. You may come up with ideas to rise like a dolphin, like a falling stone, like a Queen, etc.

## Number 4:

Try to spend the time while you are brushing your teeth to do some creativity training. You may force connections between items in your bathroom in order to invent new products. For example, combine a hairbrush and a soap dispenser - and you will have a hairbrush with an installed conditioner dispenser. This way, your hair will get conditioner every time you brush through your hair. Try to make a forced connection every time you brush your teeth.

## Number 5:

Try to imagine an unlikely scenario happening, when you are with other people; in a bus, on the street, in a classroom or in the office. An easy way to start is to introduce an improbable element to the situation. It may be, that you imagine that the seats in the bus will suddenly turn into beds. Now visualize what would happen and how people would react to this sudden change. Try to imagine a new situation every day.

## Number 6:

Try to come up with alternative explanations for every odd situation you experience. A typical reaction to an odd situation is to think how stupid it is, however, you should do your best ignore this and start producing alternative explanations to why it makes sense. You may see a car that is parked in a "stupid way". Now, produce explanations to why the car may be parked this way. It may be because the owner suddenly got sick and was picked up by an ambulance or it may be because the car ran out of fuel etc.

## Number 7:

Try to think of future scenarios for every situation you experience. If you walk into a shoe store, think about how a shoe store may be like in 10, 20 or 50 years from now. Try to come up with at least one future scenarios every day.

## Number 8:

Try to complete on endings from movies, series, books or stories. All of these, typically have an ending, but what happens after the ending? Try to do explore this with a friend or a family member, and discuss what would happen if a sequel had to be made for a particular story.

## Number 9:

Try to come up with alternative uses for everyday items; like socks, an iron board, a chair and a picture frame. Every one of these everyday items have a traditional way of being used; eg. the socks are used to put on your feet. Now, generate ideas alternative uses for these items. Perhaps socks can be used as a cloth for washing dining or as hand gloves when you cannot find your usual ones etc.. Try to produce an alternative use every day.

## Number 10:

Try to think about new names for everyday products like a milk, bread, chocolate bar and toilet roll. All names originate from some more or less logical reason. Produce ideas for what else we could call a product. For the milk it could be, 'breast water' or 'cereal liquidizer'. Try to produce new names every day.



**Flexibility;** the development of a variety of ideas



**Fluency;** the skill to generate a stream of ideas on command



**Elaboration;** the ability to build upon existing ideas



**Imagination;** the mental conception of the yet unknown



**Originality;** the creation of new and unique ideas



**Self-Efficacy;** engaging others and creating an understanding of an idea