

Impact Influencer Series

YES AND...

TEACHER RESOURCE



posify

DISCLAIMER

The content within this publication is provided for general information only. Work and resources provided by or purchased through The Posify Group are not intended to replace professional help and should not be relied upon as a substitute for formal advice from a mental health professional. The information is provided on the basis that all people accessing this resource and any resources additionally provided by The Posify Group undertake responsibility for assessing the relevance of its content according with their needs (or the needs of those they are using the resources with), and seek professional assistance if and when required.

No responsibility is taken for any information or services which may appear on any linked websites or resources. These links are provided for convenience only and do not constitute endorsement of information on those websites.

If you or anyone you know requires specific mental health support, please contact your local GP or registered mental health provider for advice and assistance. The following services also provide

Mental Health Access Line
1800 011 511

Beyond Blue
beyondblue.org.au

LifeLine
lifeline.org.au
11 13 14

Headspace
headspace.com.au

Reach Out
reachout.org.au

COPYRIGHT

All material in this publication and on The Posify Group website is subject to copyright. Purchased materials must be used according to the license in which they were purchased under. Free materials may be used for personal or educational use and may not be altered in anyway.

Distribution of any material, paid or unpaid, that goes outside of licensing terms without explicit permission by The Posify Group is strictly forbidden.



7 RULES FOR BRAINSTORMING

DEFER JUDGEMENT

ENCOURAGE WILD IDEAS

BUILD ON THE IDEAS OF OTHERS

STAY FOCUSED ON THE TOPIC

ONE CONVERSATION AT A TIME

BE VISUAL

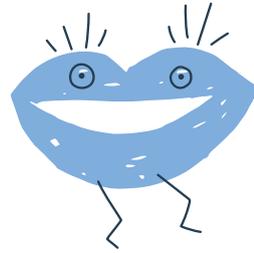
GO FOR QUANTITY

Adopted from IDEO's 7 Simple Rules for Brainstorming
<https://www.ideo.com/blogs/inspiration/7-simple-rules-of-brainstorming>



“YES, AND...”

IMPACT INFLUENCER SERIES



Impact Influencer Series Video: <https://vimeo.com/518006011/346982ae8d>

Time: 20mins | **Resources:** ‘Design Your Dream...’ prompts

Overview

This rapid fire brainstorming activity helps students to work collaboratively and overcome their creativity blocks as they build on each other’s wild ideas with the joining phrase ‘yes, and’.

Did you know?

Our brains are wired to reject what we can’t understand. How often have you been in a brainstorming session and heard ‘No, that won’t work’ or... “But’ ... These often automatic responses can suck the life, passion and creativity out of a brainstorm!

In design thinking, the ideation phase involves a rapid generation of ideas, where the philosophy of ‘no idea is a bad idea’ is applied. Having engaged in divergent thinking, with the idea of quantity over quality, designers then re-converge around those ideas to make best judgments around what to take forward to the prototype or testing phase. No idea is ever scrapped, rather, assigned to an ideas folder that the team can return to at a later date for a different perspective of the challenge at hand or later project.

Are some of your students stifled by perfection paralysis? Reassure them not to worry. It’s more common than you think! That’s why Bryan Mattimore took the ‘yes, and’ concept even further with his ideation activity, “Worst Possible Idea,”¹ where the task is literally to come up with the worst possible idea to solve the problem! Such a simple exercise frees the group up from their focus on trying to find the best possible answer. Rather than being concerned about their idea being judged as far from ideal, they’re relaxed to suggest whatever they want. After all, when you’ve put your worst idea out there, the only way is up!!

The “Yes, and...” rule helps your students to work collaboratively and build on each other’s ideas. Let imaginations run wild and see how many you can come up with.

¹ Interaction Design Foundation. Worst Possible Idea. Available at: <https://www.interaction-design.org/literature/topics/worst-possible-idea>



"YES, AND..."

IMPACT INFLUENCER SERIES

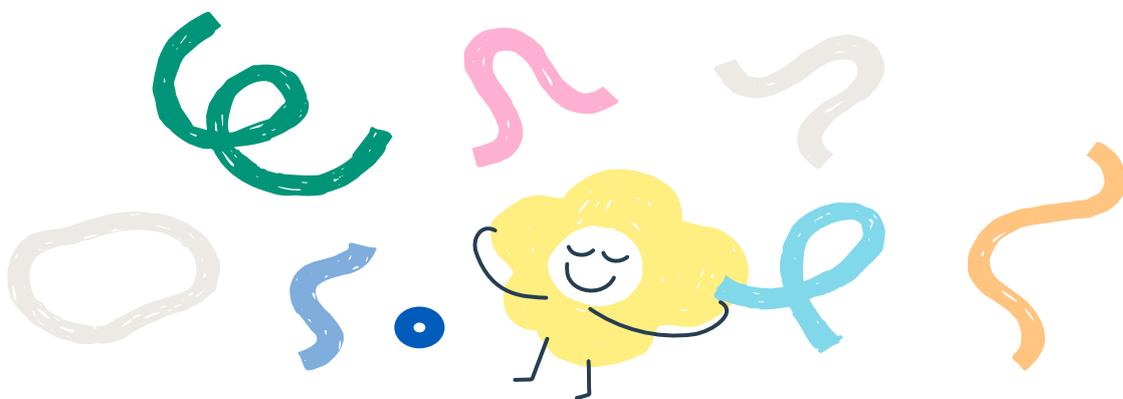


Activity

1. Watch the 'Yes, and' video, to inspire imaginations!
2. Assign your class to work in duos.
3. Refer them to the Design your Dream ... prompts, for "Yes, and" topic ideas

Teacher Tips

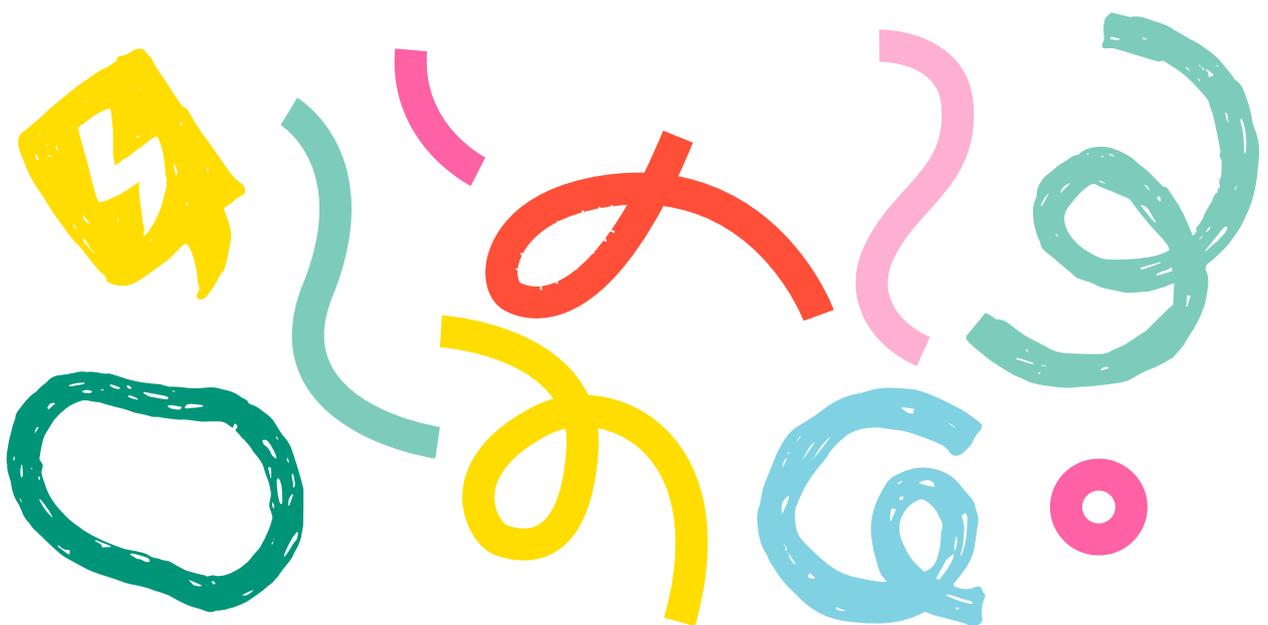
- You might like to set some boundaries around what words and topics are acceptable for the classroom to keep ideas appropriate. Try to keep these pretty basic so they keep the activity safe but don't squash creativity
- Check your students have the hang of the exercise by inviting a duo to try a 'Yes, And' brainstorm in front of the class. Allow them time to warm into the game and be prepared to coach them through replacing any 'doubt' and 'but' blockers with the simple phrase 'yes, and', regardless of how ridiculous the suggestion may have seemed.
- Remind the class of the basic principles of brainstorming :
 - Swap judgement for acceptance and share the first thing that comes to mind
 - Go for as many ideas as you can and be as visual as you can
 - There's no such thing as a bad idea, so go wild!
- As an added activity, encourage students to switch the 'yes, and' phrase with 'but, that won't work because...' phrase as they build between ideas. Once they've completed both rounds, ask them to reflect on which approach helped them to generate more ideas, and which they enjoyed more. Share any reflections with the class!

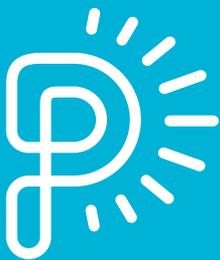


“DESIGN YOUR DREAM ...” PROMPTS

- 🌀 Design your dream theme park
- 🌀 Design your dream school campus
- 🌀 Design your dream house
- 🌀 Design your dream holiday
- 🌀 Design your dream town
- 🌀 Design your dream skate park
- 🌀 Design your dream car
- 🌀 Design your dream ... ?

These prompts are designed to get you started but there are no limits to the topics you could use! Get creative and come up with your own prompts to practise the ‘Yes, And’ game with!





INSPIRING MEANINGFUL LIVING

BY HELPING PEOPLE TO FEEL WELL AND DO GOOD.

The Posify Group

www.theposifygroup.com.au/learning

info@theposifygroup.com.au



@posifygroup