



Shared Memory

INSTRUCTIONS

Ask everyone to walk around the room, then call stop and tell people to find a partner. (If meeting virtually, create breakout rooms for randomly assigned pairs.) Ask the group to pick a location for a fictional trip. Working with a partner, everyone has to 'reminisce' about the trip they took together to that fictional location by responding to everything their partner says with, 'Yes, and, remember when ...'

Here's an example of how it might go:

Me: 'Hey, remember that time we took that trip to Mexico?'

Partner: 'Yes, and remember how we ended up on that deserted beach?'

Me: 'Yes, and remember how we found a treasure chest buried in the sand?'

Partner: 'Yes, and remember that it was full of gold coins?' etc.

Let the pairs reminisce about their shared memory for two minutes, and then call time.

DEBRIEF

Ask for volunteers to share the last line they spoke. Often the last lines are hilarious, and no two last lines are alike. Point out to the group that everyone started with the same fictional locale, but the groups ended up with wildly different stories.

Discuss with the group how it felt to say 'Yes, and' to everything.



Let's Plan a Party

INSTRUCTIONS

Have people get into teams. Tell them they are going to plan a work party, and ask them for suggestions for the kind of party they want to plan (e.g., holiday party, exhibition opening, product launch party, etc.). Agree on what type of party they will be planning.

Tell the teams that the only rule is that every time someone throws out an idea, the others in the group should respond with 'Yes, but.' After throwing out a 'Yes, but,' the team member should come up with reasons the idea will never work.

Let the groups go on for three minutes, shooting down each other's ideas.

Call time and then ask the groups to repeat their party planning, but now they must respond to every idea with 'Yes, and' instead of 'Yes, but.'

Let them go on for three minutes again.

DEBRIEF

After the second round, debrief and ask how the first round was different from the second round.

- How was the energy? What was the difference?
- How did the parties from round 1 compare with those from round 2? (Hint: most groups never get very far with their party planning in round 1.)