

*Service Design Thinking
Facilitation Training*

ENERGIZERS

List of exercises to improve energy level



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Energizer # 1

WORD IS A GIFT



10 minutes



Unlimited



None



Warming up Ideation

PURPOSE

Trigger an open mind set in the people.
Listen to another and build on each other.
Letting go of own story.
Allow for divergent thinking.

HOW IT WORKS

Make pairs.

Person A tells a story.

Person B gives random words every 5 – 10 seconds.

Person A integrates the word given in the story.

Energizer # 2

BRICKS & BLANKETS



10/15 minutes



Unlimited



No materials needed



Warming up Ideation

PURPOSE

Do again, change roles, change object (blanket)
Debrief on: when you have a thinking block,
keep trying because when you continue ‘That’s
the moment brilliant ideas will pop up’.

HOW IT WORKS

Make pairs.

Person A generate all kind of usage of a brick.

Person B counting and non-verbal acknowledgements
when pace slows down.

Continue!

Energizer #3

YES, AND BIGGER/MORE



5-10 minutes



6-20 participants



No materials needed



Warming up Ideation

PURPOSE

To open up the minds of participants. Be open to different ideas, accept them and build on them. Say YES...

HOW IT WORKS

Walk around, stop to talk to your neighbour (1 on 1).

Person A: “Shall we drink a coffee?”

Person B: “Yes, and add something to the conversation e.g. let’s eat pie as well.”

Keep the conversation alive for a couple of minutes.

Check with the pairs where they ended their talk.

Energizer # 4

FUNNY WALK



5 minutes



8-15 participants



No materials needed



Warming up Ideation

PURPOSE

Have some fun!

HOW IT WORKS

Person A does a 'funny walk' in front of everybody.
The rest follow person A and copy the 'funny walk'.
Give somebody else the opportunity to introduce another 'funny walk'.

Energizer #5

COUNT TO 30



10-15 minutes



Minimum 6



No materials needed



Building a team

PURPOSE

Uplift concentration level

Connect to each other

Get over setbacks

HOW IT WORKS

Make circle of people (with a bigger group you can also split it). Everybody should close their eyes and, as a group, you are counting till 30.

Everyone can say only one number at the time

If two people speak at the same time, the group has to start one again. The order of people who count should be fully random.

Everybody needs to participate.

Energizer # 6

WHAT WE HAVE IN COMMON



5-7 minutes

PURPOSE



10-12 participants

Learn each other

Building trust



No materials needed



Building a persona

HOW IT WORKS

Get together!

Person A says something (s)he likes and moves to a place.

The people with the same interest follow person A.

Person B says something else, and some people will follow person B (perhaps from the group of person A).

Energizer #7

BINGO



10-15 minutes



larger group (20/25)



Preparation Bingo sheets/pens



Introduction

PURPOSE

Get to know participants better.

HOW IT WORKS

Make a list of topics on Bingo sheets (see sheet at next page). Wander around the room and obtain signatures of people who have the facts on the bingo sheet.

Once a person obtains a full row (horizontally, vertically or diagonal) (s)he shouts “bingo” and wins.

Energizer #7

BINGO SHEET

Had a significant conversation with someone they didn't know. <input type="text"/>	Taken a risk in the past month. <input type="text"/>	Learned to speak more than 3 languages. <input type="text"/>	Worked in manufacturing on the line. <input type="text"/>
Planned a significant event. <input type="text"/>	Read a business book in the last six months. (If so, what was it?) <input type="text"/>	Changed careers at least once. <input type="text"/>	Participated in an experiment. <input type="text"/>
Led a major transformational initiative. <input type="text"/>	Tried something new in the past 48 hours. <input type="text"/>	Acted in a play. <input type="text"/>	Knows more than 10 J&J people outside your function. <input type="text"/>
Learned from failure. <input type="text"/>	Worked for more than one company outside J&J. <input type="text"/>	Served on a Board of Directors. <input type="text"/>	Create your own question! <input type="text"/>

Energizer #8

ME TOO



10-15 minutes



4-6



10c coins/post its



Introduction

PURPOSE

Get to know participants better.

HOW IT WORKS

Everybody gets 4/5 coins.

Person A writes on a Post It something (s)he has done and presents it.

The ones who have done the same thing, can put a coin on that same Post It.

Person B presents another thing (s)he has done.

Game ends when someone puts all the coins on the table.

Energizer #9

HAVE YOU EVER...



5 minutes



5 to 10 participants



One chair per person, minus one chair



Introduction

PURPOSE

Get to know participants better.

Bring in a sense of openness and mutual trust.

Express real personality, regardless of someone's judgment.

HOW IT WORKS

The participants are sitting in a circle but there is missing one chair.

That person without a chair stands in the middle and asks: “have you ever...(e.g. eaten a bug)?”

All those who have experienced the same, stand up and try to find another chair to sit on.

Of course, the person who raised the question will try to ‘steal’ a chair too.

Energizer #10

SHEEP SHED



10-15 minutes



Larger group (20/25)



No materials needed



Just to energize

PURPOSE

Have a bit of fun!

HOW IT WORKS

Get in groups of 3.

Person A is 'sheep' and stands in the middle.

The other two are the shed and cover the sheep with their hands making a roof. There is one person alone called the **shepherd**.

The shepherd can say:

Sheep : "All sheep try to find another shed... the shepherd becomes a sheep too". One person becomes the new shepherd.

Shed : "All shed try to find another sheep (new pairs!)... the shepherd becomes a part of the shed too". One person becomes the new shepherd.

Sheep/shed : "All sheep and shed try to find another spot... the shepherd becomes a sheep too". One person becomes the new shepherd.

Energizer #11

CHANGE 3 THINGS



10-15 minutes



Even number



No materials needed



Before research

PURPOSE

Learn to observe very well, not only the obvious.

HOW IT WORKS

Make pairs and observe each other for 30 sec.

Turn around (back to each other) and change 3 things about your physical appearance.

Turn around and identify the 3 things.

Repeat.

Energizer #12

HUMAN KNOT



5 minutes



8-10 participants



No materials needed



Apply after participants know each other

PURPOSE

Team building

Problem solving

HOW IT WORKS

Close eyes, reach out with you hands outstretched, grab the first hands you find, all open your eyes and unravel the knot. Be aware of cultural sensitivities. Some people do not like to touch others. Only use when teams are already comfortable with each other.

Energizer #13

UNIQUE FACTS



2 minutes per participant



Any amount



None - or use a flipchart



Apply during introduction and team building

PURPOSE

Introduction

Mistakes are O.K.

Fun

HOW IT WORKS

All participants stand in a circle. One by one, each participant makes a step forward and introduces him-/herself:

1. My name is...
2. I do ... or I am from ...
3. I am the only person who ...

If you really are the only one, you're done! If the participant is not the only one with #3, start over again. Every topic is only allowed once!

Energizer #14

WOODCHOPPER



5 minutes



8-10 participants



No materials needed



Apply when participants need more energy

PURPOSE

Get out of negativity, get constructive

HOW IT WORKS

With the right people and together at the same time at the count of three, act like you chop wood. Make a sound when “chopping”. Be aware that it might be awkward for people to make loud noises.

Energizer # 15

STOP & GO



5 minutes



Any amount



No materials needed



Apply in the beginning or before brainstorming

PURPOSE

To get active
Activate body and brain
Learn to make mistakes

HOW IT WORKS

Three pairs of commands:

- Stop & Go
- Clap & name
- Dance & jump

One starts out with one pair normal and turn reversed and then adds the other pairs, always first meaning what they say and then with their reversed meaning.

Energizer #16

20 CIRCLES



5 minutes



Any amount



Paper and pen/pencil



Apply before ideation

PURPOSE

Get people in the ideation mood.

Trigger the right side of the brain. Stimulate visual thinking and looking for alternatives.

HOW IT WORKS

Have everyone draw 20 circles on a piece of paper and make a unique drawing for each circle.

Energizer #17

HEP PENG BOING



2 minutes



Any amount



No materials needed



Apply after breaks or sessions of concentration

PURPOSE

Connect people

Get moving

Expression

Making mistakes

HOW IT WORKS

Form a circle, say “hep” and pass to right or left. “Peng” finger shoot someone and “Bong” pass the shoot back. React to an impulse with an impulse. Speed up! Easier to do than to tell, so don’t explain too much just go first.

Energizer #18

TELL A STORY



2-3 minutes



Any amount



No materials needed



Apply before ideation phase

PURPOSE

Wake up creativity

HOW IT WORKS

You start with a sentence. The next person adds a sentence which has to:

- Fit the story
- Be grammatically correct
- Be fun

Energizer # 19

YOUR NAME YOUR MOVE



20 minutes



15-20 participants



No materials needed



Apply during introduction

PURPOSE

This exercise will help participants to know each other in a fun way and get people in the right mood to start the day. It also serves to activate body and mind since it requires body movements and good memory. Making mistakes is inevitable and people will start to help each other.

HOW IT WORKS

Ask people to stand up in a big circle and ask someone to start saying their name associated with a funny body movement. The next in line will do the same plus the previous names and movements, until the circle is completed. Challenging!

Energizer #20

TRUTH AND LIES



20 minutes



Unlimited. For large groups (+30) it's best to split into smaller group sizes.



Each participants needs a note pad/card & pen/pencil.



Apply when a break is needed

PURPOSE

Fast and fun ways to get people laughing, put people at ease and get participants refocused on the workshop afterwards.

HOW IT WORKS

- 1) Participants write two truths and one lie about themselves.
- 2) The participants walk around sharing with one another their three statements – during this time participants should not reveal which statement is a lie.
- 3) During the sharing, it is the goal to a) convince others that your lie is true and b) guess the correct lie of others.
- 4) The participants gather back together in a circle and the first person reads loud their statements to remind everyone.
- 5) The group then tries to guess which statements is not true. At each end ask for a vote through raise your hand.
- 6) The participant then reveals which statement is a lie.

Energizer # 21

NINJAS – BEARS & COWBOYS



10-15 minutes



Any amount of participants



No materials needed



Apply during introduction

PURPOSE

To help people not to feel stupid and shy. Good exercise when people don't know each other.

HOW IT WORKS

Alternative version of rock, paper, scissors.

The bear kills the cowboy

Cowboys kill ninja's

Ninja kills bear

Energizer #22

THE BALL



10 minutes



15 participants



A (paper) ball



Apply during introduction

PURPOSE

Introduction of yourself in a active way

HOW IT WORKS

When you catch the ball, you tell your name + one word that describes yourself.

Energizer # 23

A SMALL BALLET



5 minutes



8-10 participants



No materials needed



Apply during Introduction

PURPOSE

Build group dynamics.

HOW IT WORKS

Stand in a circle; pick two people in the group without letting them know.

Try to get as close as possible to the first person.

Try to move as far as possible to the second person.

Start.

Energizer # 24

I LOVE MY NEIGHBOURS



10 minutes



8-15 participants



Chairs



Any time

PURPOSE

To boost the energy of the participants by making them do psychical exercise.

HOW IT WORKS

Everyone arranges a circle of chairs and sits on a chair. Except 1 person that stands in the middle. The goal of the person of the middle is to find a seat. To earn a seat he/she asks to a person in the circle: “Do you like your neighbours? If that person says ‘yes’, the two persons who are sitting next to that person need to switch seats. The person in the middle tries to get a seat as well. The person who is left without a seat has to stand in the middle. If the answer is “no”, that person has to come up with a discription: “No, but I love people who....”.

for example: Anna, do you like your neighbour?

Anna: “No, but I like people with glasses”.

Now all the people with glasses need to stand up and find another seat.

Who is left out, stands in the middle.

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Energizer #25

THAT'S ME



5 minutes



everyone



none



Introduction of participants/
beginning of course

PURPOSE

Get to know each other
“Loosen up”
Have fun

HOW IT WORKS

The coach/trainer will go through a list of 10+ questions. If someone can answer a question positively (“with yes”) he/she will - Stand up, raise hand and shout out loud “THAT’S ME”. Obviously, the coach ends with a question EVERYONE can answer with “Yes”.

Energizer # 26

4 LEFT ELBOWS



4 minutes



Everyone



None



Revitalising after lunch

PURPOSE

Teambuilding
Revitalising
Fun

HOW IT WORKS

Participants randomly in room. Assignment is to put together the number of body parts to each other, that the trainer mentions. So e.g:

- 2 right knees.
- 2 left pinkies
- 3 right shoulders
- 5 right thumbs
- 4 left elbows
- 3 right foots
- ect
- ect

Energizer #27

BLIND PICTIONARY



10 minutes



2 - 12



Markers + A4 (2x)



before brainstorm/
ideation process

PURPOSE

Learning to listen to each other carefully and patiently. Besides that, it is also a funny exercise that activates our imagination.

Don't look en each others paper!

HOW IT WORKS

Give everyone a card with one word. (For example; car, toothbrush, flower). Form groups of 2 people (pairs). One person gives the other person instruction how to draw the word on his card, without revealing what it is. No questions can be asked. They just need to follow each other's instructions.

Energizer # 26

DIAMOND DANCE



< 10 minutes



Group of 4 x n (12/16)



Music + speaker



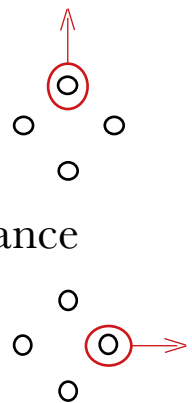
After Lunch

PURPOSE

Make people relaxed, energize and definitely make them laugh :)

HOW IT WORKS

Divide people in group of 4. Make a diamond shape. When music starts, the person in front of “diamond” start to dance, and the rest of the group imitate the dance moves; whenever he/she wants, he/she turns on other side, ... now the person who is in front of diamond shape, starts the process again. :)



Energizer # 27

CUT YOUR HERO OUT OF PAPER



5 min

PURPOSE



2 - unlimited

To get to know each other and be creative



Paper



Creativity

HOW IT WORKS

Everyone gets a piece of paper. They have to cut their favorite hero in 20 seconds behind their backs. And they have to explain who or what it is and why it is hero favorite character hero.

Energizer #28

GROUP STORYBUILDING



5 minutes



5 - 10



None



Anytime

PURPOSE

This Exercise encourages people to listen to one another, to use their imagination, and provide some humor. It's easy to understand and to execute.

HOW IT WORKS

Participants stand in a circle facing one another. Each person says only one word, building off the previous word spoken. To create a coherent sentence. This is repeated until the story is “complete”. As judged by the facilitator.

Energizer #⁹

SYNC SLAPS



5 -30 minutes



10 - 40



None



To generate focus and alignment

PURPOSE

Generating focus and alignment in a group.

HOW IT WORKS

This circle exercise is simple, but challenging and very effective for generating focus and alignment in a group. Participants stand in a circle and send a clap around the circle. Each clap involves two members of the group clapping their hands at the same time. The group tries to move the clap around the circle faster and faster with as much synchronization as possible. The exercise gets even more challenging when the “double clap” is introduced and the clap can change direction.

Energizer #30

SHARED STEPS



Untill it's working smoothly



5 +



None



Boosting concentration

PURPOSE

The purpose is to create concentration. To connect the group with a shared goal. To try to make the group feel as one. To create empathy and show what the power of quietness and shared concentration can do.

Note: If it is found that the group is too big to make it happen at once, devide the group in two.

HOW IT WORKS

1. People start to walk in a space, it doesn't matter who is where, just walk around and use the space.
2. Everybody has to stop at the exact same moment. But talking is not allowed. The group had to "feel" the moment to stop.
3. When this is done right. Also try to start again walking at the exact same moment.

Energizer # 30

SOUND BALL



10 - 30



5 - 50



None



To increase teamwork and participation

PURPOSE

- To increase teamwork and participation
- To be in the moment
- To build on ideas of others
- To embrace failure / no judgement
- Reinforce in a brainstorm

HOW IT WORKS

Stand in circle. Pretend ball in hand. Throwing ball (imaginary) around. Make special sound, person receiving should mimic sound before catching. Catcher can throw to someone. Same process, get to brisk pace.

- More balls in play to increase complexity
- WHOOSH ball as an option

Energizer #31

THE WINKING MURDERER



10 - 15 min



6 minimum



None



When energy is low

PURPOSE

Improve interaction within the group.
Make people feel comfortable around each other.

HOW IT WORKS

One player is sent out of the room. That will be the detective.

The rest of the group agrees who will be the murderer. The detective is called back in to the room. All players walk around. The murderer kills a player by winking at them. The detective has to figure out who is the murderer while the murderer is trying to avoid being caught.

Energizer #32

THE CIRCLE



5 minutes



minimum 8



None



Ice breaker disconnect group

PURPOSE

Get to know each other
Reconnect to each other

HOW IT WORKS

All participants are in a circle.

1. In silence they have to look at someone else. Exchange places as fast as possible (at the same time). Everybody should have switched once at the end.
2. The same saying 'Hello' to each other.

Energizer #33

PEARLS ON A STREAM



5 minutes

PURPOSE



10 - 15 participants



None



Apply before ideation phase

HOW IT WORKS

One person says the beginning of a story, other person says the end of a story. Participants complete the story or stepping in one by one.

Energizer #34

SHERLOCK HOLMES



5 minutes

PURPOSE



10+



None



Boosting concentration

HOW IT WORKS

One person is removed from the group. The Leader had the role of Sherlock Holmes. Sherlock ask the group to discribe the missing person. Posture, clothing ect. When the discription is finished, ask the removed person back for comparison

Energizer #35

SILENT PHOTO



5 - 10 minutes



10+



None



To increase teamwork and participation

PURPOSE

HOW IT WORKS

The group will receive instructions what should be in the photo; For Example: ‘person on a chair, two people are not allowed to touch the floor. 1 person should wave, 1 person over excited ect...

The group has to organize this in silence and take a photo.

Energizer # 36

REVERSE HIDE AND SEEK



5 minutes

PURPOSE



10+



None



Apply before ideation phase

HOW IT WORKS

One person hides. Rest of the group starts seeking. If you find the hiding person. You hide with him/her. So the hiding place is getting crowded.

Last one searching is the next person who hides.

Energizer #37

CELEBRATE 'MISTAKES' BY CHEERING



5 minutes



in pairs



None



PURPOSE

- Energize
- celebrate “mistakes”
- “out of the flow”

HOW IT WORKS

- 1 - Say one 1, 2, 3 one after the other
person A: 1
person B: 2 Time: +- 1 min
person A: 3
person B: 1
ect
- 2 - In stead of saying “1”: Clap
person A: “clap”
person B: 2 Time: +- 1 min
person A: 3
person B: “clap”
- 3 - In stead of saying “2”: Jump
person A: “clap”
person B: “Jump”
person A: 3
person B: “clap”
- 4 - In stead of saying “3”: Wiggle
person A: “clap”
person B: “Jump”
person A: “Whiggle”
person B: “clap”

Clap -> Jump -> whiggle, clap, ect

4 -Last round: back to 1,2,3

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Energizer # 38

CLUMSY AIRPLANE



10 - 15 min

PURPOSE



6/12 persons
in pairs



A4 Paper



HOW IT WORKS

Split group in teams of 2-4 persons.

Ask participants to put their dominant hand behind their back so they can't use it. Challenge: Fold the best airplane ever with only 1 hand.

Match starts in 5 minutes.

Whose throw the furthest?

Energizer #39

EXPLAIN / EXPLORE



20 minutes



5-20 persons



small namecards



workshop kickoff

PURPOSE

Really this is just to get people into a new mindset of exploring what is possible. So, you can use it to help people feel the difference between explain and explore and then explicitly invite them to stay in the explore mindset. When they find themselves moving forward “how does this work in my world?” or “that won’t work” ask them to notice that they have fallen into the explain mode - and then ask them to move to the explore mindset again.

HOW IT WORKS

Write a word or short phrase that conveys something true about you. Go beyond the typical descriptions: mother, programmer, happy. Go for something that is true - at the core - for you

Round 1- Pair up and explain what you wrote.

Round 2- Walk around and trade cards with people, letting your card get mixed up. Now, pair up with someone near you. This time, explore what is true about this word or phrase for you. You will not say “this is not true”. You will find something true about it and say that.

Energizer # 40

GROUP COMPOSITION EXERCISE



10 minutes



5+



Some space for participants to move and stand in a line



At the start of DT training

PURPOSE

- To break the ice and to get to know each other at the start of the design thinking process
- Gives insights in the group in the group composition (what does this group have in common/what are differences)
> you want to avoid grouptink in the designthinking process > diversity and individual creativity is key for succes

HOW IT WORKS

1. Ask all participants to stand up and to stay in line
2. Ask the participants to stand up and to stay in a line.
start with simple basic 're-positon' quewstions;
e.g. Alfabethical order based on names, numer of km you are away from home.

Continue with more work related or personal '10-point scale' questions
e.g. How many employees are their working in your organization? How manu organizations do you work for? How much are you looking forward to these 2 days?

How personal is syour communication style?

3. For each question you can ask a few follow-up questions (depending if the time available for this exercise). And maybe this participants have some questions for the group as well.

4. Emphasis the importance of diversity and individual viewwpoint/creativity during the DT process.

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Energizer #41

Open body, open mind



5 - 10 min



any group size will work



Nothing, just some space for participants to move



While empathizing or ideating

PURPOSE

The spaciousness we create in our bodies impact our brains. An open body, an open mind. With this energizer, we use yoga and meditation to be more creative.

Engaging in an open-monitoring meditation before design sprints help facilitate divergent thinking.

HOW IT WORKS

1. Explain how yoga cultivates focus, empathy, and creativity
 2. Ask participants to find a comfortable place with enough space to sit or stand
 3. Start with a meditation exercise by asking participants to close their eyes and focus on their breath.
 4. Do several standing or seated yoga poses.
- tip: Check youtube for inspiration for yoga poses

Energizer # 42

Horseride



10 min



three or more



no materials needed



While emphathizing or ideating

PURPOSE

It's a physical exercise; you have to movwond command. Also fun and a teambuilding experience.

HOW IT WORKS

At the horse race, the participants act as if they were participating in a real horse race on a racetrack. The facilitator plays the role of reporter of the race. The participants sit on their knees in a circle close together. As soon as the race starts, they start knocking on the floor with two flat hands. They mimic the hoof tag. And while they continue to beat on the floor, they respond to the commentator's comments by five movements:

- the horses are on their way = knocking on the floor
- the horses are going trough the water bowl = knock on the tights
- everyone turns to the left = bend to the left side.
- everyone turns to the right = bend to the right side.
- everyone does the wave!

It is the art and the fun to keep on increasing the tempo and letting the movements alternate faster and faster. It is an attack on the condition. Especially on that of the facilitator.

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