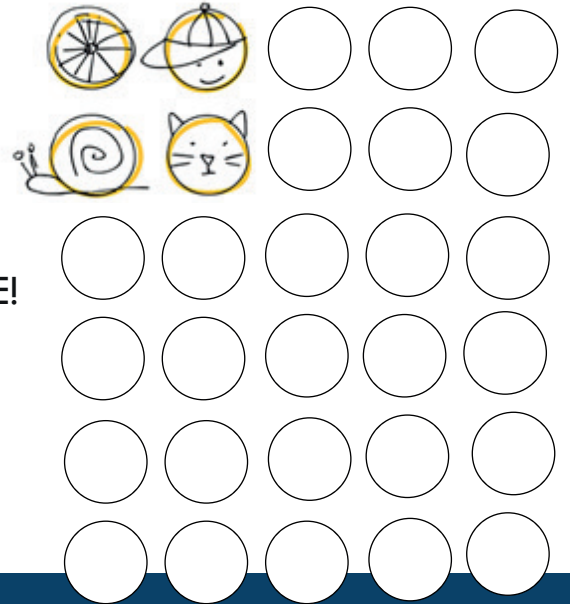


## 30 CIRCLES

- Draw 30 circles on a piece of paper & turn as many of the blank circles into recognizable objects in three minutes.
- Choose to focus or branch or go randomly. Concentrate on the flow of ideas.
- Avoid getting stuck for long - Go for **VOLUME!**
- A great warm-up exercise that highlights the balance between fluency (speed and quantity of ideas) and flexibility (different divergent they are)



## ALTERNATIVE USES TEST

Developed by JP Guilford in the late 1960s, by choosing something familiar that you use everyday. Then, for two minutes, think of as many new uses for it as possible. This exercise encourages divergent thinking, which helps you develop your ability to think outside of the box and become a creativity powerhouse.

*Examples: a paper clip, a brick, a wind turbine blade, a plastic bottle*

