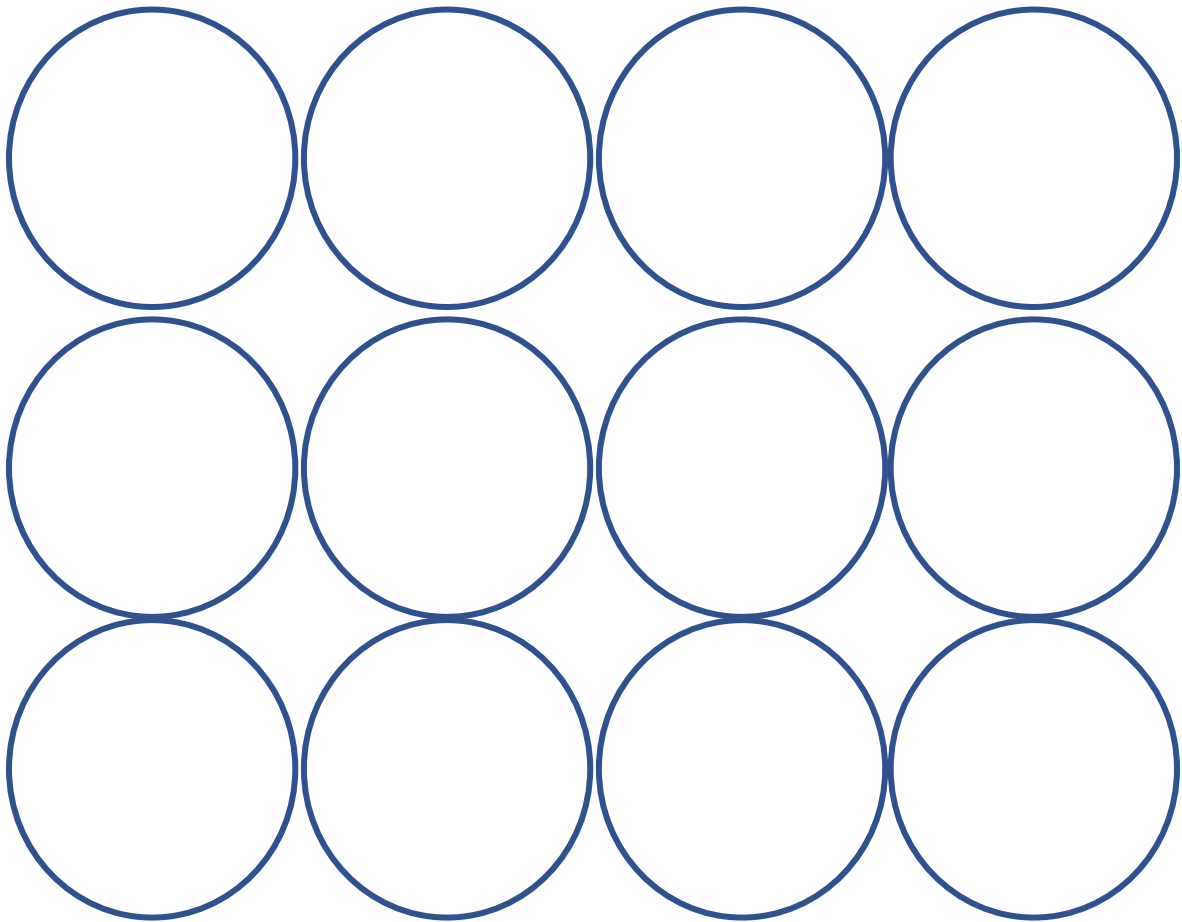


Warm Up Exercise

Let's spend a minute warming up our creative brain muscles. Below you will find a series of circles (because we want to think out of the box). Print off or redraw this figure and take 10 minutes to draw or create as many things as you can think of from these circles. Don't read ahead until you have done the exercise!



How many ideas did you come up with? Let's consider how many ways you could look at these circles. The following questions are some examples:

1. Did you connect the circles together to make something (e.g., binoculars)
2. What perspective did you use? Did you see objects from the top (e.g., a bird's eye view of an umbrella), from the bottom (e.g., the bottom of a glass looking up), or 3D perspective such as looking through someone's glasses? What about a side view (e.g., rocks stacked to create a dam)
3. Did you consider using the space between the circles? Perhaps this is not a diagram of circles as much as it is a diagram of four-sided stars (the space between the circles).
4. Rather than just looking at the circles, did you look at the lines as series of S shapes like a figure 8 racetrack?
5. Did you consider cutting out the diagram and folding the paper to make a 3D figure to support a drawing or creation?
6. Did you consider the perspective of zooming in or out of the diagram. For instance, perhaps this is a close up look at confetti or bacteria or perhaps each circle is a galaxy connected by worm holes.
7. Did you consider elements of nature. Perhaps the diamond shapes in between are magnetic or celestial objects and the circles are magnetic fields
8. Could we make them into an optical illusion or a pattern?

9. Could we consider grouping the circles to make something else by tracing around the outlines of several of them (e.g., three snowmen or the side view of a waterfall with water on one side and rocks on the other)

Don't worry if you didn't find a way to use all the circles or have all these perspectives. Most people will only get a couple of these ideas. The point of the exercise is to open up our minds to new possibilities and perspectives. Having open perspectives helps us empathize with others and understand their perspectives and needs.