

ACTIVITY

6 Word Story

COGENERATE

INNOVATOR: Damon McLeese

ORGANIZATION: Access Gallery

ACTIVITY OVERVIEW

Activity: 6 Word Story

- This activity encourages participants to share as they feel comfortable.
- It's a simple way to start conversations
- Often credited to Ernest Hemingway, with various versions existing

FOUR PRINCIPLES

- Creating a Spark
- Building Meaningful Relationships
- Valuing Each Generation's Gifts & Perspectives
- Sharing Power

ACTIVITY STEPS

1. Write a story about yourself, a current or present situation, using only 6 words.
2. Do not just string 6 words together truly try to make a story.
3. Share your story with someone or to the whole group.
4. The insights we gain from people are astounding. We often find common ground or at least this opens up the discussion in a way that is not about your job or what you do but rather who you are.
5. **My example** is this story I wrote after injuring my back and being unable to work for 2 months. **Ran into a wall started walking.**
6. It is a fun simple exercise that is also reflective and does not need any preparation.

RESOURCES REQUIRED

Participants will need to share verbally.

ACTIVITY

Privilege Walk



INNOVATOR: Lyiam Galo

ORGANIZATION: Northern Santa Barbara County United Way

ACTIVITY OVERVIEW

Activity: Privilege Walk

- The activity aims to foster understanding and empathy by highlighting differences and commonalities among participants.
- Participants respond to prompts by taking steps forward or backward based on their life experiences.

FOUR PRINCIPLES

- Creating a Spark
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ACTIVITY STEPS

1. Participants stand in a line side by side and take steps forward or backward depending on answers to a facilitator's prompts
2. Make sure there's enough space for people to move forward and backward
3. **Prompts include statements like:** "If your family had health insurance, take one step forward." , "If you took out loans for your education, take one step backward." etc)
4. The activity is followed by a debrief session exploring everyone's takeaways.
5. The goal is to demonstrate through an activity that someone from a different generation can be your peer in other aspects.

RESOURCES REQUIRED

Participants will need to move around a room.

INNOVATOR: Erin RueggORGANIZATION: Substantial Classrooms

ACTIVITY OVERVIEW

Activity: This or That

- The objective of this activity is to understand other peoples' point of view and get better at compromise.
- This exercise is meant to help us see the value of other people's experiences and perspectives - and to let it influence our own. The main thing participants are learning and practicing is how to listen and resist rigidity.

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ACTIVITY STEPS

1. To lead this activity, you need participants to line up in two lines, facing one another. When you announce the prompt, participants need to move to the side they resonate with the most
2. Then, participants can take turns sharing their "whys." After a 7-10 minute discussion, participants decide whether they want to move to a new place - anywhere on the continuum between the two lines.
3. After participants have done one round, you can let them start wherever they feel comfortable on the continuum - which may be somewhere in the middle.

Here are a few hints for making a "Would You Rather" discussion successful. Also, Question to Try and Debrief Questions.

<https://docs.google.com/document/d/1tzGBADEH3rkbTGADeJ-LWtCgsMeIbXhYjBPC9mzIShc/edit>

RESOURCES REQUIRED

Participants will need to move around a room.

ACTIVITY

Head, Heart, Hands

COGENERATE

INNOVATOR: Jill Watts

ORGANIZATION: ASU Lodestar Center for Philanthropy and Nonprofit Innovation

ACTIVITY OVERVIEW

Activity: Head, Heart, Hands

- This activity builds a sense of community and gives groups a chance to see how they may have overlapping interests or varying experiences from others in the room.
- In this activity, participants will think about three aspects of what makes them who they are looking at their head, their heart, and their hands.

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ACTIVITY STEPS

1. Put the prompts in a place where all participants can access them and ask them to consider the following for either their personal or student identity:

- Head: What do you know? Like, if you were asked to teach us something right now, what could you teach us about?
- Heart: What are you passionate about?
- Hands: What are you really good at?

2. Ask the participants to take two to five minutes to write a response for each of the three areas for them personally.

3. Once time has passed, ask participants to move into their teams and share out what they wrote for each.

4. Reflection: Ask participants if there is any asset that they didn't know existed on their team and how the team might be able to utilize that asset for the project.

RESOURCES REQUIRED

Participants will need to share verbally.

ACTIVITY

I'd Rather



INNOVATOR: Mariela Briceno

ORGANIZATION: Venprendedoras

ACTIVITY OVERVIEW

Activity: I'd rather

- Mentimeter to create a spark. Mentimeter is a free, web-based presentation tool that allows users to incorporate polls, quizzes, multiple-choice, and open-ended questions for audience interaction.
- It's user-friendly, enjoyable, and adaptable for both in-person and virtual meetings.

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ACTIVITY STEPS

1. For this demonstration, a simple set of 'I'd rather' questions have been prepared.
2. Share your screen
3. Direct all participants need to do is visit [menti.com](https://www.menti.com) (preferably on their phones), enter a code or scan a QR code displayed on the screen, and respond to the questions.
4. Results will be displayed automatically on the screen.
5. This interactive approach serves as a lively icebreaker, sparking conversations and engagement. Plus, it can be customized to align with the meeting's objectives.
6. You can try it here as a survey: <https://www.menti.com/al9512dtq7qt>.
 1. For meetings its better to do it in presentation mode)

RESOURCES REQUIRED

Participants will need an electronic device.

INNOVATOR: E.N. WestORGANIZATION: The Church Council of Greater Seattle

ACTIVITY OVERVIEW

Activity: Land Stories

- This activity is a way to ground oneself in personal history as it relates to physical land. Similar to a Story of Self.

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ACTIVITY STEPS

1. The activity is called "Land Stories."
2. They are adapted from an activity called "Money Stories", popularized by Resource Generation.
3. Land Stories are a way to ground oneself in personal history, and introduce oneself to group members, by telling a short story of one's relationship to land (and through doing so, one's relationship to community, to family, etc.)
4. Think of it as a "Story of Self" through the lens of land.

RESOURCES REQUIRED

Participants will need to share verbally.

ACTIVITY

Lost in Translation



INNOVATOR: Kathrine Cagat

ORGANIZATION: Mayors For A Guaranteed Income

ACTIVITY OVERVIEW

Activity: Lost in Translation

- A way to know each other - what words resonate with somebody, or words they find interesting.
- Understand the different sociocultural contexts people are coming from and how that might shape the way they express themselves and communicate.

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ACTIVITY STEPS

1. Individually (5 mins)

- Think of a word (can be slang) that is hard to translate in another language (Non-English words that are untranslatable to English, or English words that are hard to translate to another language)
- Reflection: What made you think of this word - does it evoke a certain emotion, is it related to a bigger concept/issue in a specific sociocultural context?

2. Partner or Group (5 mins)

- Share your untranslatable words with each other and your response to the reflection.

RESOURCES REQUIRED

Participants will have to share verbally.