

LOTS AND LOTS

This exercise provides an opportunity to be agile and adaptive while communicating. The hand gestures presented by the partners force the story to take a different direction than it might have otherwise taken. Often, when we are leading change, we may be forced to change direction unexpectedly. Being aware that we tend to have our own plan that does not align with others, or that there are external factors, causes us to be prepared to take a different approach.



5-10 minutes



Pairs



None

Source: Adapted from THINK School for Creative Leadership

DEBRIEF *(following the activity)*

- What was difficult about this exercise? Did anyone find it difficult to pivot while telling their story?
- Who successfully told their story using the five senses?
- Who shifted their story according to the hand gesture delivered?
- What feelings did you have when you were forced to unexpectedly change directions in your story?
- What strategies can you implement in your everyday work to avoid any negative feelings?

WHAT TO DO



1. Ask participants to decide on hand gestures that signify the five senses (sight, sound, smell, taste, and touch). For example, pinching your nose may signify “smell.”
2. Divide participants into pairs.
3. Assign one participant of each team to be the storyteller and another to deliver hand gestures to influence the direction of the story.
4. Have the storyteller make up a story starting with “There once was a bear who was lost in the woods...”
5. While the story is being told, the other team member will help direct the story by giving the storyteller different hand gestures.
6. The storyteller must shift the description of the story according to the hand gestures being presented. For example, if their partner pinches their nose, they may say “but there was a strange smell in the woods.”
7. As you work through the story, try to direct the story by using all the hand gestures.
8. After one round, ask participants to switch roles and play again.