



ACT-ivate

BEGINNINGS

The energy of a session determines everything that follows



The first five minutes set the tone for the whole day. A room that starts stiff stays stiff. A room that starts alive stays curious. This card gives you a menu of quick activities to open with energy, connection, and focus. These can also be used to boost energy when it flags in longer workshops.

BEGINNINGS

Stokes are short, embodied activities designed for teams of all sizes to intentionally calibrate a group's energy and shift learning from the cognitive to the physical. Stokes work by shifting learning from the head to the body, using short physical activities to "set the vibe" and physically demonstrate what it feels like to be generative. By moving together, teams bypass purely cognitive barriers to build the shared energy, focus, and empathy needed for deeper collaboration.

Boost Energy Shake out each limb counting down from 8;

Build connection Everyone writes how they're actually feeling on a post-it and sticks it to their shirt. Participants introduce themselves by their emotion.

Build trust Turn lemons into lemonade. Someone shares a frustration from their week, the next person turns it into a positive. Warms a room gently.

Create focus Build a collective sentence around the circle, one word at a time. Quietly gets everyone listening - and laughing.

WORKS WITH



Act-ivate Consequence to follow the warm-up with a gentle challenge.



Act-ivate Conversations to move from icebreaker into something worth talking about.

SOURCE

This activity utilises the **stoke deck** from **Stanford d.Scool** designed by Taylor Cone and Tania Anaissie.

