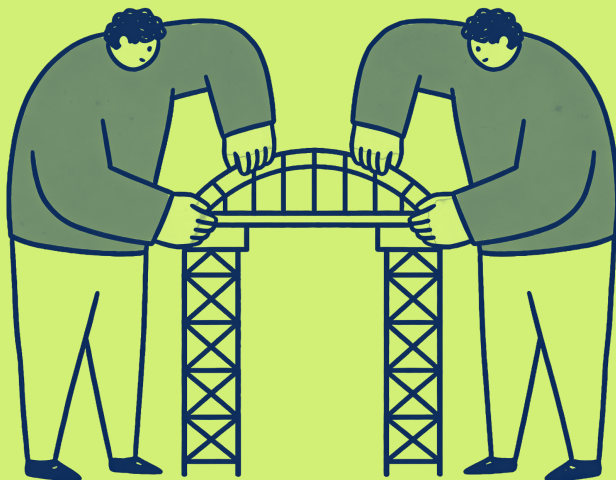




ACT-ivate

YES, AND

Building the bridge **together**



Radical change requires an additive mind.
This improv rule **stops ideas** from being **killed**
by 'no' before they are given space to breathe



YES, AND

1. **A core mantra for collaborative problem solving** with origins in improv theatre. As a rinse and repeat technique it can be used to build momentum after being deep in the weeds of the day to day, or to whip up positivity when the group is stuck on the reasons why something can't happen. It can be done as a collective spoken activity or in pairs for more structured ideation.
2. **As facilitator pose a *How Might We* question** – One person offers an idea, the group can then only respond by building on this idea, with 'yes and'.
3. **Provide easy examples if this is new to the group**, How might we celebrate my birthday – we could go on a picnic, yes and, I could bring champagne yes and, I could bake a cake to bring, etc etc.
4. **Run as a quick-fire spoken round** or use *tiles* (see sustainable facilitator toolkit) to physically stack and grow the original proposition.

WORKS WITH



You will find this a really useful addition to lots of Catalysing Action Cards, especially combined with Act-ivate How Might We. The two together are a great way to end a session exploring challenges with some positivity.



A starter to a creative session as an icebreaker – pose some really silly how might we questions eg. How might we win the Eurovision song contest? How might we star in a period drama?

SOURCE

A staple of improv theatre and a well known technique for building collaboration in groups dealing with difficult topics.