

Divergent and Convergent Thinking

Activities

Divergent thinking activity

This activity is great for sparking new ideas and different ways of thinking.

Brief:

This activity is designed to expand your mind and explore many different solutions. It will get you out of your regular way of thinking about things. You can do it yourself when facing a problem or run it with a team.

What you will need:

1. Post-it notes.
2. Pens.
3. Image of a brick or spoon (Google one).
4. Stop watch/countdown timer.

Instructions:

1. Share the image of a brick or spoon.
2. Tell participants they have two minutes to come up with as many uses for the brick or spoon as possible. No idea is off limits and you are looking for quantity over quality. That's what divergent thinking is all about.
3. Start the timer and have participants jot down as many ideas as possible, one idea per post-it note.
4. When time is up, have participants share their ideas.
5. You're now ready to apply this or a similar divergent thinking activity to your challenge. Remember, no idea is off limits and you are looking for quantity over quality.



Convergent thinking activity

This activity is great for solidifying findings, insights or solutions.

Brief:

This activity is designed to narrow in and solidify findings, insights or solutions. It should be completed after divergent thinking activities.

What you will need:

1. White board or A1 paper.
2. Pens and markers (different colours).
3. Post-it notes.
4. Your divergent thinking ideas (written on post-it notes, one idea per post-it).

Instructions:

1. Have each participant share their divergent thinking ideas and place them on the white board or A1 paper.
2. When all the ideas are shared, look for themes and label those themes (write on a post-it note or directly onto the whiteboard/A1 paper).
3. Categorise the ideas into appropriate themes.
4. Have participants vote on what ideas or theme is most important to focus on.
5. Tally the votes. The ideas or theme with the most votes are your priority areas.