SUNDERLAND CULTURE

Yes and

A classroom resource inspired by creativity

Lesson plan created by Maxwell Golden on behalf of Sunderland Culture.

Arts Centre Washington

National Glass Centre

Northern Gallery for Contemporary Art

SUNDERLAND MUSEUM & WINTER GARDENS

Culture START

Aims:

To encourage creativity in a supportive and nurturing environment. To help generate new material. To improve listening, collaboration and present- moment awareness.

What you'll need:

Ideally an open space for movement (adaptable for a classroom), imagination & a sense of humour.

Purpose: to help create freely and have fun while doing it. This exercise prevents our critical quality taking over and blocking creative flow. It improves listening and present moment awareness. It is a good ice-breaker, improving the group dynamic through rotating partner work. It also expands the creative mind to go beyond conventional day-to-day activities, and in so doing opens up increased possibilities. Originally developed by comedians, it does often go in the direction of comedy and in so doing can unlock great joy and laughter.

How it Works:

1. Participants get into pairs
2. When in pairs they assign themselves a number (1 and 2)
3. Number 2 goes first! and says **"Let's go to..."**[1]
4. From then on it bounces back and forth between number 1 and number 2 as they go on an adventure together! As it bounces back and forth, the first two words are always the same: **"Yes and..."**[2]

Level 2:

Try to develop the scene rather than just make a list of different things to do!

*e.g. "**Let's go to** the beach, **yes and** we can build a sandcastle, **yes and** create a moat around the castle for the sea to fill, **yes and** when the sea starts to fill the moat we can stand on our castle and pretend we are the king and queen, **yes and** we can dance our secret dance on top of the castle as the sea water rises."*

rather than...

***"Let's go to** the beach, **yes and** we can build a sandcastle, **yes and** we can have an ice cream, **yes and** we can jump in the waves, **yes and** we can then go home."*

Level 3:

Make an action to go with each **“Yes and...”** offer, which both number 1 and number 2 do together until there is a new suggestion e.g. in the example above, start digging the sand when saying “we can build a sandcastle” etc.

Alternative uses of exercise:

As a written exercise - each participant writes a **“Let’s go to...”** and passes in a loop around the class, for everyone else to add a **“Yes and...”**



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Stay in touch

Want to know more about the artist that designed this resource? Contact us and we'll happily introduce you!

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