



Evoking Creativity in Groups: The Five Senses

Group 1: Sight	Group 2: Sound	Group 3: Smell
<ul style="list-style-type: none"> ● Example: Pre-design flipcharts (e.g., agenda, parking lot) with colors and graphics ● Zoom backgrounds - tailored, custom backgrounds ● Intentional escapes in the room ● Slide deck - design and use of color, icons and photos ● Room setup - pods and round tables so participants know it will be collaborative ● Good sight lines to each other and speaker ● Invite participants to have their own escape - plant, photo, etc. ● Windows in the room so people can see outside/nature ● Have participants bring in an image (postcard, photo) and create a collage in person or virtually ● Color, color, color! ● Use of colorful tapestries on tables or on the background ● Caption what's being said 	<ul style="list-style-type: none"> ● Example: Prior to the session, request each participant share with you their favorite (PG) song and make a "mixed tape" that you play during breaks/meal times ● Sit outside in nature/hold meeting outside and enjoy nature sounds ● Take a walk outside together and speak over the phone ● Pay attention to timing/announcement tones ● Use bells, chimes or bowls to call people back in ● Music in background during individual brainstorm ● Meditation during the meeting ● Different music to evoke emotion to prepare conversation; ask folks to share their favorite song to... (e.g., relax, empower, etc.) ● Have fun with accidental sounds (Bingo, anyone?) ● How are we accommodating people who are Deaf/HH? 	<ul style="list-style-type: none"> ● Example: Diffuse essential oils or burn a candle during the session ● Show pictures and have participants consider the smells they evoke ● Have participants talk about their favorite or most meaningful scents and what they mean to them (e.g., lilacs) ● In coordination with taste, offer beverages/food items with distinctive smells (e.g., fresh-baked cookies) ● Send a small care package ahead of time with scented items ● Be mindful of allergies ● Discuss traditionally "negative" smells/the memories they evoke ● Candles can have strong smells even without lighting them ● Bring in small pots of herbs and encourage folks to rub and smell their hands during the meeting ● Burn sage or incense

Group 4: Taste	Group 5: Touch	Instructions
<ul style="list-style-type: none"> ● Example: Place individually wrapped candies (e.g., mints, chocolates) in baskets on session tables ● Order in lunches (consider different menus each time) ● We taste with our eyes - have appetizing foods on the screen that relate to the exercise/debrief ● Quick 'bites' together ● Online delivery of lecture luncheons to continue promotion of local businesses ● Have drinks available at meetings for engagement (e.g., coffee, tea, water, sodas, etc.) ● Send people a gift card where they can order food from their favorite local establishment ● Send a goodie/treat bag to people's homes ● Ask participants to share a food item on screen for all to see; describe its taste ● Plan a mixology class/cooking demo during breaks/networking ● Ask participants to share their favorite recipes and create a group cookbook 	<ul style="list-style-type: none"> ● Example: Set out fidget toys on tables for participants to use throughout the session ● Globe, brain, light bulb stress balls to connect with participant aha moments ● Note-taking flipcharts or whiteboards up on walls to physically write down ideas ● Consider Miro/Mural for electronically taking/typing notes and organizing ideas remotely ● Utilize coloring books, crayons, colored pencils and markers ● Invest in some Playdoh/slime for its interesting tactile properties ● Consider pre-packaged fidget toys that are individually issued to participants to minimize germs ● Play a card/board game or use the pieces to mix people up ● Have people stand up and move around to other groups ● Encourage folks to have a fidget toy/pen at their desk to play with during a virtual meeting ● Toss a (virtual) ball and have folks pretend to "catch it" via video ● Build things individually/together 	<ul style="list-style-type: none"> ● As a group, identify ways in which you could engage groups using that sense for either in-person or digital meetings ● One idea per bullet ● 5-10 ideas per team ● Add in links/examples as time permits



Evoking Creativity in Groups: Facilitator/Participant Resources

FACILIT8me Facebook Group

<https://www.facebook.com/groups/FACILIT8me>

More information about the FACILIT8me Community of Practice

<https://eventgarde.com/about/facilit8me>

Video: How To Be Creative | Off Book | PBS Digital Studios

<https://www.youtube.com/watch?v=weIQlthC3Ks>

Blog Post: Environment Matters: Engaging the Five Senses

<https://eventgarde.com/blog/entry/environment-matters-engaging-the-five-senses>

The de Bono Group's Six Thinking Hats

<https://www.debonogroup.com/services/core-programs/six-thinking-hats/>

The Circle Way: Basic Guidelines for Calling a Circle

<https://static1.squarespace.com/static/55597e72e4b0f7284bff49e0/t/56e340a1f8baf38bbe1d00f6/1457733793606/TCW+Guidelines+English.pdf>

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