

# 10 SECONDS

## WHAT TO SAY

Consider the expression, “There are no bad ideas” – that’s because in problem-solving, it’s important to begin by generating as many possible solutions as you can – be expansive and creative in your thinking – why do you think that would be a good thing?

In this game, you’ll have 10 seconds to create or represent something with (*your bodies or some objects, depending on which version of the game you decide to play*). Ten seconds isn’t much time! Accomplishing your goal will take flexibility in your thinking, and might even mean trying options that don’t seem like they will work, at first.

## WHAT TO DO

### *Option 1*

Put youth in groups of 3 or 4

Call out the name of a thing – e.g., Tennis Racket

Give groups 10 seconds to arrange their bodies into the shape of the thing

Repeat

### *Option 2*

Put youth in groups of 3 or 4 each

Provide each group with a small number of available props (e.g., cardboard, cups, string, small sports equipment or art supplies)

Give groups 10 seconds to arrange their props into the shape of the thing

Repeat

## WHAT TO ASK

How did you approach the task? Was it more fun or more frustrating?

How hard or easy was it to generate a lot of possible ideas or solutions?

How often do you tend to implement the first solution you come up with when you have a problem? How likely is it that the first solution you come up with is also the best one?