

# 30 Circles Activity

## Introduction

### What is it?

An activity for getting “unstuck” from thinking about a challenge in a certain way. This activity gives participants an opportunity to think creatively in a fun, and easy way.

### Why use it?

This exercise is a great tool for getting stuck - and then getting unstuck. Recognizing what “stuck” feels like is a valuable skill when navigating uncertainty and trying to move forward. The feeling of being “stuck” could be a sign that you’ve exhausted possibilities in your current way of thinking and that it’s time to jump to a new one. This realization and ability is the foundation of many of our “aha” moments

### What you need:



10-15 minutes

- The attached instructions
- 3 or more people
- [The 30 circles sheets](#), or a sheet of paper, pen or pencil for each participant.



# 30 Circles Activity

## Instructions

### Step 1: Create your sheet

Draw or print 30 identical circles on a sheet of paper and grab something to write with.

### Step 2: Get creative

Your task is to turn all the circles into something in 3 minutes.

### Step 3: Debrief

After the 3 minutes is up, think about these questions to debrief the activity:

- Did you solve the problem?
- Did you do as well as you wanted to?
- Were you ever frustrated or stuck?
- What did that feel like?

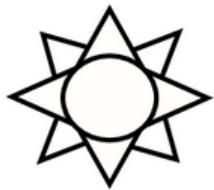
### Step 4: Introduce different schemas

Introduce the idea of different schemas.

- One schema that most people jump to immediately and stick to is the schema of drawing inside the circle, like drawing a smiley face inside the circle.
- Ask the group if anyone drew outside the circle or used two circles?
- There were no actual rules for this activity, but the ones each individual made up for themselves to complete the exercise.
- Show the group five new schemas that are different ways to solve the problem (see image below).
- Have the group try the activity once more after figuring out the additional possibilities.
- When everyone has completed the second round, have the group reflect on their two experiences for any insights.
- Some possible takeaways to share with the group:
  - This is what “getting stuck” feels like.
  - This demonstrates how “unstuck” happens and feels.
  - When you get stuck there are always more ideas.

Examples on the following page

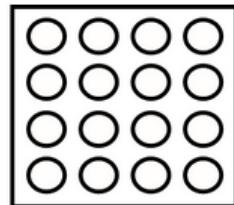
## Examples



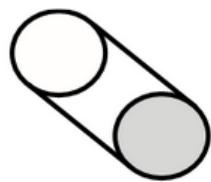
OUTSIDE THE CIRCLE



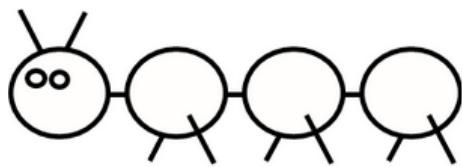
TWO CIRCLES



CIRCLES AS  
TEXTURE



SOLID OBJECTS



MULTIPLE CIRCLES