

# YES, AND...

## Learning goals

This warm-up is about focusing on a positive mindset and building on the ideas of others.



>2



5'



No materials needed

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## Step by Step

- 1 Have people form small groups (3-4 people) and tell them they are going to plan an activity (a trip, a party).
- 2 In the first round, each time someone proposes an idea, someone else should answer with "Yes, BUT... (reason why that is not going to work)."
- 3 In the second round, the response should be "Yes, AND... (add something that builds on the first idea)."
- 4 Debrief about the group energy and what kind of ideas came out in each round.

## Variations

## Notes