

## Brainstorming Exercise

### Steps involved:

- Write your topic in the middle of an A3 page
- Around your topic write down whatever comes into your head about this topic – arrange it anywhere and anyway you wish to on the page. You could group your thoughts or simply throw them out randomly on the page
- There are no right or wrong thoughts or ideas; every thought is worthwhile!
- Be spontaneous and write everything down you can think of
- When you think you are finished change your pen to your other hand and keep going. Swapping hands engages more actively the less dominant side of the brain to produce new and creative thinking
- **Welcome your creativity!**

