

Problem-solving Exercises

 60 minutes

Objective

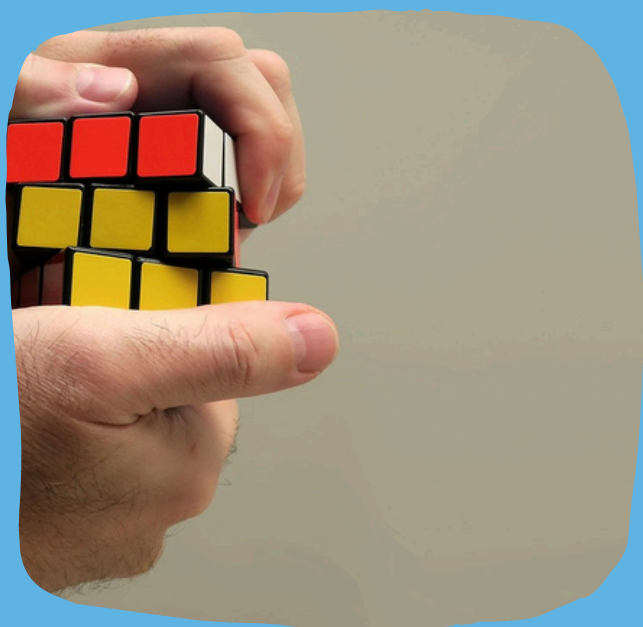
- *To engage participants in problem-solving exercises that foster creative rest, encourage innovative thinking, and rejuvenate mental faculties.*

Materials needed

- Comfortable seating or tables for group work
- Whiteboards/flip charts and markers
- A selection of problem-solving exercises or puzzles
- Art supplies for visual thinking activities (paper, markers, sticky notes)

Tool Description

Creative rest through problem-solving involves stepping back from routine tasks to engage in activities that stimulate new ideas and perspectives. These exercises help recharge mental energy while enhancing problem-solving skills.



Instructions

1 - INTRODUCTION (20 minutes)

- Introduce the manual
- Allow participants time to familiarise themselves with the manual and its content
- Focus on the chapter **Creative Rest**
- Introduce the importance of **Problem-solving** as a practice and let participants know this will be the main focus of this module.

2 - Problem-Solving Exercises (30 minutes):

a. Brainstorming Session:

- Present a simple, open-ended problem, such as designing a new product or improving a common process. Encourage participants to work in small groups and brainstorm as many creative solutions as possible without judgment.
- Emphasize quantity over quality and encourage wild ideas to unlock creativity.

b. Puzzle Challenge:

- Provide a set of fun and challenging puzzles or brainteasers. These could include logic puzzles, numerical challenges, or lateral thinking riddles.
- Allow participants to work individually or in pairs, focusing on the enjoyable challenge rather than the pressure to find a perfect solution



Instructions

3 - Visual thinking activity (20 minutes):

Mind Mapping:

- Ask participants to create a mind map on a given topic or problem using art supplies. Encourage them to develop branches, sub-branches, and visuals that represent different ideas or solutions.
- Inspire free-form thinking and help participants visualize relationships between different concepts in a relaxed, creative manner.

4 - Reflection and sharing (15 minutes):

- Invite participants to share the most interesting solutions or ideas that emerged during the exercises. Discuss feelings of restfulness and creativity experienced during these activities.
- Encourage a discussion on how these problem-solving techniques can be incorporated into daily routines to maintain cognitive freshness and inspire innovation in personal or work-related contexts.



Reflection questions

- What was your initial reaction to the problem-solving exercises? Did they feel more like a challenge or an enjoyable break from routine?
- How did engaging in brainstorming or puzzle activities affect your level of stress or mental fatigue? Did you notice a difference in your creativity as you progressed?

The greatest challenge in problem-solving is not the problem itself, but the way we choose to see it.

- Were there any unexpected ideas or solutions that emerged during the group discussions? What sparked these insights?
- How did the visual thinking activity, such as mind mapping, help you connect different concepts or ideas related to the problem? Was this method effective for you?
- Reflecting on today's workshop, in what ways do you think you can incorporate creative problem-solving exercises into your daily routine to support your mental well-being and creativity?



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