



PARTNERS FOR YOUTH
EMPOWERMENT

Intuitive Play | Delight in the Unseen Self

The Creative Catalyst Workshop Series with Reid Kuennen

Intuitive Play

Delight in the Unseen Self with Reid Kuennen



Our intuition is one of our wisest teachers. As we dream of the world we want to see for our communities, we need ways to access and trust this inner knowing. Play is one of the best ways to not only tap into intuition, but to delight in it.



Join Seattle-based facilitator, **Reid Kuennen**, as we celebrate the spectrum of the unseen self through grounding, games and general goofiness.

Welcome!

We're so glad you are here!

Please share in chat:

- Your name
- Your location
- What's a simple pleasure you've delighted in recently?



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Goals

- Explore creative ways to tap into our intuition
- Delight in the intuition of others



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Community Agreements



- Avoid put downs of self and others
- Participate fully



Enter the Frame

- Everyone steps out of the frame
- People with names A-M, enter the frame like...
- People with names N-Z, enter the frame like...

Round of applause!



Rules of Theater Improv



Say “Yes”!



First thought =
best thought!



Make your
teammates look
good!



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Something Fantastic

- "Hi, I'm (name)." Then do something (anything – it will be fantastic!)
- The rest of the group bursts into wild applause –
"Yes, (name)!"

Go around the group until time is up!



Breakout Room Logistics



- Everyone use **Gallery View** and unmute
- Someone **volunteer** to go first, then write an order of play in chat
- **Play the game, going round and round, until the 30-second warning!**
- At the 30-second warning, thank each other and come back - click “Leave Breakout Room.”



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Intuition Object Exploration

Begin by taking a minute to use your senses to explore the object. You could sketch it if you like.

Then, free write (let yourself write without stopping, no editing or punctuation necessary) for the duration of the song – write from the first-person perspective of the object:

- Who am I?
- What do I have to teach you?



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Intuition Object Shares



- Everyone use **Gallery View** and **unmute**
- Someone **volunteer to go first** (you can call on the next person)
- **Each person shows their object and speaks from its perspective!**
- At the 60-second warning, wrap up, thank each other and click “**Leave Breakout Room.**”



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Group Slideshow

- Introduce yourselves!
- **Find a common “costume”** (something you all have that can suffice as a costume)
- **Come up with your group name**
- **Come up with your 4-5 slideshow photos** (additional creativity welcome!)
- There will be a 60-second warning when it's time to wrap up, thank each other and come back



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Slideshow Performances

- Everyone use Gallery View and Unmute. Introduce yourselves!
- One group volunteer to go first. “Audience” does “lights, camera, action!” (and turns off their cameras on “action”)
- **Take turns sharing your group names and performing your slideshow.** Wild applause in between!
- There will be a 60-second warning when it’s time to wrap up, thank each other and come back



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