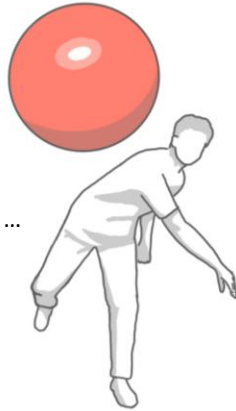


# RED BALL

Energy

Mindset

- Facilitator introduces a pantomime “red ball”
- Ball is “thrown” with participants using names to send and acknowledge
- Throwing “Sue – Red Ball”
- Receiving “Red Ball – Thank you, Nicole.”
- If you don’t remember a name, ask quickly ...
- After game progresses, facilitator adds more pantomime balls ... beach ball, bowling ball, dart, ...



## Debrief

- Exercise to learn names – force people to react rather than think – removing nervousness about getting name wrong
- Thresholding event, set this mood, it’s fun ...

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# STOKE DECK

Version 2.0, 12/22



# STOP/WALK

Mindset

Energy

- Start walking around ... avoid going in circles ... make eye contact ... be quite and listen for instructions
- When I say “stop” you stop when I say “walk” you walk ..
- Stop/walk ... do several rounds to get people used to it ...
- Flip it – stop is walk, walk is stop ... several rounds ...
- Add hop/name – mix stop/walk (still flipped) with hop/name
- Flip it – hop is name, name is hop ... stop is still walk, walk is still stop
- Add twist/clap
- Flip it – twist is clap, clap is twist
- Laughter, fun ... try to get people to mess up ...



## Debrief

- Fun, activity, threshold event, unlearning

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# THE STOKES

STOP/WALK – energy, fun .....	6
1 - 2 - 3 – energy, mindset .....	7
RED BALL – energy, introduction, learn names .....	8
ROCK-PAPER-SCISSORS – mindset .....	9
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# LEC STOKE DECK

- What is a Stoke? – an icebreaker with intention
- What do you want to achieve? See ribbons for each stoke and what each might bring to your session

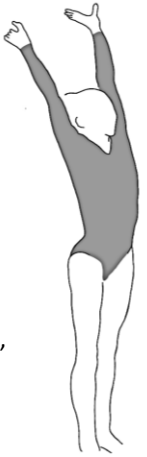


- Make time to debrief and reflect with participants
- For energy/motion stokes – acknowledge some individuals may be limited for whatever reason & invite them to find a way to meaningfully engage



# STOKE: 1 - 2 - 3

- Partner up in pairs
- Round One: each pair counts to 3, switching off number “1,” “2,” “3,” “1” ... Go as fast as you can
- Round Two: replace “2” with a clap
- Pause/Reflect: What happens when you mess up ... laugh, look up, start over, ...
- Round Three: replace “3” with stomp – also add “Ta Da”
- If you mess up, you and your partner both have to do what gymnasts do when they land (even if they don’t stick the landing) – a big “Ta Da” with arms and foot out
- Warn people – if you don’t look like you’re having fun, I’ll make you do it again ...



### Debrief

- Failure – acknowledge that it’s part of the process
- Fun, activity, threshold event



## THE STOKES – CONTINUED

SHARE A PHOTO – community .....	20
REMEMBER WHEN? – creativity, community .....	21
YES, LET’S – creativity, energy .....	22
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GRAB SOMETHING RED – energy, intro, (Zoom) .....	33



## MORE STOKES

RANDOM ACT OF KINDNESS – empathy .....	34
MY “DAD” ALWAYS SAYS – community .....	35
SCAVENGER HUNT – energy, fun (Zoom) .....	36
MY NAME IS ..., THIS IS MY SOUND – Introduction .....	37



## ZIP-ZAP-ZOP

- An improv stoke for in person settings, participants in a circle
- Point with both hands – first person says “Zip,” points and looks across the circle
- Receiving person says “Zap” and points to someone new
- Next person says “Zop” and points
- Process starts over with Zip ...
- If anyone messes up the whole group says “Woah!” and moves center and back... start again
- Challenge people to go faster
- Variation – Zip-Zap-Zop-Beep

### Debrief

- You have to pay attention, watch people’s eyes, be ready
- Activity, engagement, fun



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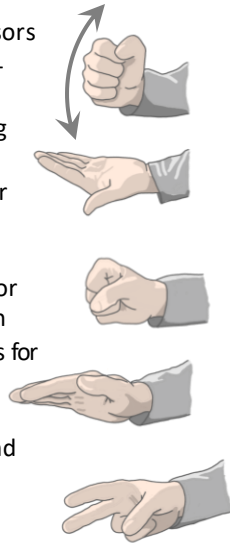
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## ROCK-PAPER-SCISSORS

- Participants Pair up and plan Rock-Paper-Scissors
- Remind them of format “rocks-paper-scissors-shoot”
- For each pair, the loser becomes the cheering section for the winner
- Winner in each pair goes on to take on another winner
- Encourage group to make it loud
- In the end, half the room should be shouting for one person and the other half for other person
- Final Round – best of three ... prizes/accolades for the winner

### Debrief

- In a team, you sometimes have to cheer for and support an idea that isn't yours
- It's fun, it's loud ...



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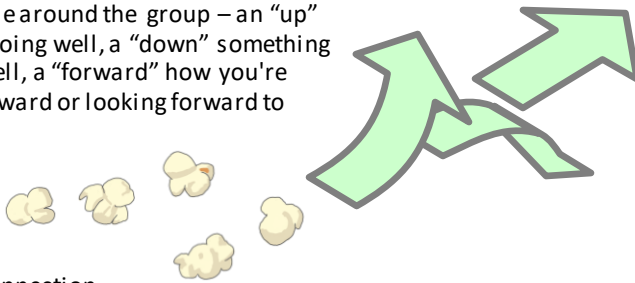
## Empathy

## UP, DOWN, FORWARD

- Zoom or in person
- A empathy and connection stoke – may evoke some challenges faced by students/participants
- Popcorn style around the group – an “up” something going well, a “down” something not going well, a “forward” how you're pressing forward or looking forward to

### Debrief

- Empathy, connection



Also works on Zoom

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## Empathy

## Mindset

## CONVERGE

- Done in pairs
- On the count of three, both participants say a random word
- Participant 1 says “one” when they have a word
- Participant 2 says “two” when they're ready
- Together say “three” and shout both shout your words
- Pause... consider what your partner said and what you said ... try and converge on saying the same word
- Keep going until you converge on the same word
- High fives when you converge

### Debrief

- Debrief with group ... share your path to converge
- Empathy ... working to think about what your partner is saying ...



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# SOUND BALL

Creativity  
Energy

- Variation on Red Ball
- Participants form a circle
- Make a sound and “throws” a pantomime ball to someone
- Recipient “catches” the pantomime ball and repeats the sound; they make a new sound and throw the ball to a different person
- The sound ball is passed around the circle with new sounds create by each participant
- To make it harder, use multiple sound balls or add new categories



### Debrief

- Fun, community, energy
- Questions – what’s hard about it

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Community

# A COMMON LOCATION

- Zoom or in person
- In groups of 3-4 – find a place you’ve all been – not necessarily at the same time
- The more specific the better – Summerfest versus the left turn-style at the Summerfest north entrance
- Consider a constraint – some individuals may not have traveled much, so you might limit it to Milwaukee or campus
- Here together today doesn’t count ... obviously



### Debrief

- Build community, find connection, evoke conversation

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Also works on Zoom

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# LEMONS TO LEMONADE

Mindset  
Storytelling

- Zoom or in person
- One participant throws out a lemon and a second is challenged to make “lemonade” out of the lemon
- Participant 1 – my car broke down on the way to work
- Participant 2, but at least you got some exercise walking to work
- Then participant 2 throws out a lemon and the process continues with others
- Be sure to set some boundaries at the start – people obviously have difficult things to face in their lives – keep it light – keep this fun



### Debrief

- Seeing the positive side; encourage sharing and helping among team, ... it’s fun

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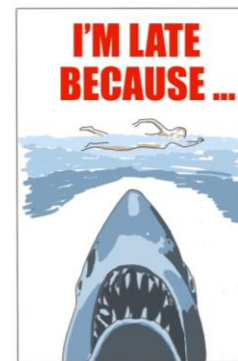


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# I’M LATE BECAUSE

Storytelling

- Zoom or in person
- A storytelling stake
- Invite participants to tell a story of why they are late based on a movie plot
- Others guess the movie ... whoever guesses goes next if they haven’t already gone.
- Example – “I was on trip with three of my friends, we had a breakdown and had to turn around and return to Florida” ... Apollo 13 (or pick one that works for you)



### Debrief

- Storytelling, fun, engagement

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Also works on Zoom

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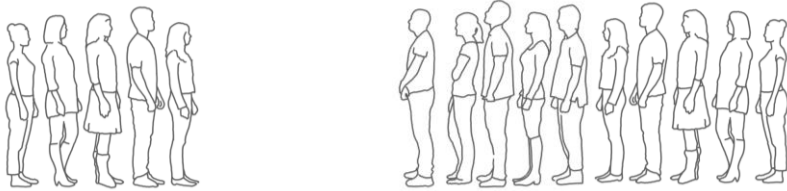
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# HUMAN HISTOGRAM

Energy  
Mindset

- Get people up and moving around the room
- Facilitator asks a series of questions – participants move the right or left side of the room depending on their preference (sometimes they land in the middle)
- Prompting questions: Apple vs. PC, iPhone vs. Android, Bucks vs. Brewers, Coffee vs. Tea, Star Wars vs. Star Trek, Game of Thrones vs. Lord of the Rings
- Invite participants to offer categories

- Debrief*
- Get people moving
  - Can set up data analysis, considering data ...



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# SPEED-CASSO

Creativity  
Connection

- Zoom (cameras on) or in person – so you can see everyone's faces
- Get out a paper and pen
- Draw someone for 60 seconds ... don't look at the paper or lift your pen
- Share with the person or the group
- Variation for large groups – draw someone else in the room for ~2 minutes; then invite people to introduce themselves and share the photo
- Fun way to promote connections



- Debrief*
- Connection/Fun

Also works on Zoom

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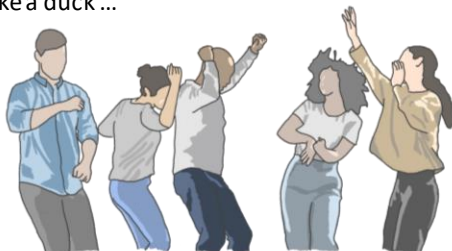
# YES, LET'S

Creativity  
Energy

- Someone starts a motion and moves around the room ... "Let's all go swimming!"
- Everyone says "yes, lets," joins in and "swims" around the room
- Someone new says "let's all XXX ..." new activity
- Everyone says "yes, lets," and joins in on new activity
- Activities: swimming, bicycle riding, skydiving, racecar driving, fly like a bird, walk like a duck ...

*Debrief*

- Fun, activity, get people out of their comfort zone, set an atmosphere of fun and creativity ...



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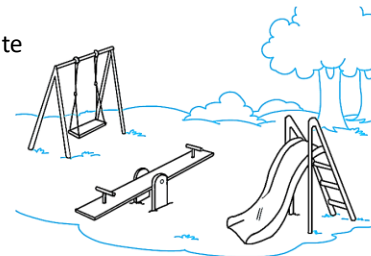


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# PLAYGROUND GAME

Empathy  
Creativity

- Empath stoke
  - Invite participants to recall a favorite childhood game
  - Pair up, share your stories
  - Now consider who was left out
  - Together, redesign your childhood game to include individual(s) who might be left out
  - Lead facilitator invites examples from the room
  - Works in person or in Zoom with small breakouts
- Debrief*
- Consider inclusion in the things you do ...
  - Many forms ... of exclusion, disability, ...



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# GOOD NEWS

- In person 4+ people
- In pairs or groups of 4 – each person must share non-stop what is going well for them for 2 minutes
- You can't stop ... if you can't think of things, consider the outlandish ... "a safe didn't fall on me today ..."
- Other participants don't say anything other than supportive nods
- Variation – one minute rant – can be a fun venting, but probably should be followed by good news to keep things from getting too dark

### Debrief

- Reflection question – what was challenging about this
- Lesson – active listening, not talking
- Reflect on the good things



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# CATEGORY, CATEGORY, DIE

- Facilitator picks category – breakfast cereals, colors, children's books, action heroes, sitcoms
- Participants array in a circle – one person starts naming an item the category, next person continues with a different item from same category
- When a participant can't name an item from the category, they are out and the circle gets smaller
- Facilitator offers a new category ... game progresses,
- Participants can be invited to offer a category



### Debrief:

- An energy stoke, exercise brainstorming, react and think quickly ... and, it's fun

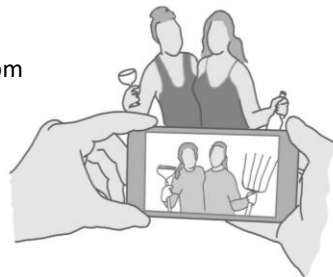
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# SHARE A PHOTO

- Each person shares a recent photo from their phone that gives them joy
- Zoom or in person



### Debrief

- Invoke empathy and connection
- People love to share from their own lives
- Acknowledge we all have lives outside of work context
- Allows you to embrace the phone ... which we sometimes work against ...

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Also works on Zoom

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# REMEMBER WHEN?

- In pairs, create a shared memory
- One person starts, second person builds on the story making up new elements
- Remember when we went to that concert ... yes, and we got invited backstage, ... yes, and the drummer got hurt and you had to play ...
- Lead facilitators ask for examples from the group

### Debrief

- Yes, and – a critical tool in improv brainstorming and collaboration
- It's fun ...



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## TURN ON YOUR CAMERA IF ...

- A Zoom stoke designed to get people to turn their cameras on
- Vote with your camera ... Turn your camera on if you have ever ...
  - Been to SummerFest
  - Swam in the ocean
  - Been skydiving
- Consider which questions might be inclusive or exclusive... proceed with caution
- End on something every will say “yes” to so everybody’s camera ends up on
- Alternative – adjust Zoom setting to only show people with video unmuted – makes it more dramatic, but takes extra steps and tech knowledge for participants



### Zoom Stoke

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## I'M NOT USUALLY A SNOB, BUT ...

- Consider something where you're very particular ... the way your coffee is made, they type of shoelaces you buy ...
- Share with the group – “I’m not usually a snob, but when it comes to ...”



### Debrief:

- Build community, learn what's important to others
- A window on hobbies, lives, ...

### Also works on Zoom

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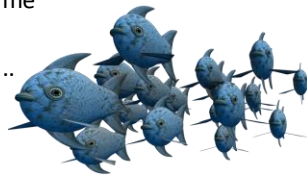


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## SCHOOL OF FISH

### Energy

- A fun Zoom stoke involving music (works better on Zoom rather than Teams so all appear and are same size)
- Queue up music and don't forget to share computer audio (click box in the Zoom share screen menu)
- Recommend: (Sea Shanty Medley) <https://www.youtube.com/watch?v=ILGLUSzZuWU>
- Facilitator starts a motion ... mime a fish ... others follow on Zoom screen... new motions ... wave, ships, ...
- Pass off to someone else by calling their name
- They start new motion ... it passes around
- Don't forget to unmute when you hand off ..
- Debrief: Fun, engagement, shared activity
- A reason to turn on your camera



### Zoom Stoke

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## MIRROR

### Creativity

### Mindset

### Energy

- Pair up, face each other; designate Partner A & B
- A starts a motion, B follows ... give it a minute or so
- Now switch – B leads, A follows
- How did that go? What's easy to follow (smooth motions, ...) what's hard to follow
- Continue – A lead, B lead, A lead, B lead
- Make switches faster and faster until everybody loses track ... laughter ensues



### Debrief

- How did that go? Did you lose track of who was leading and who was following
- In improv or the creative process, that's getting into the “flow” – you don't know who's leading or who had which idea ... they just come

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# I'M A TREE

Creativity

Energy

Storytelling

- Participants form a circle
- Someone jumps in the middle and says, "I'm a tree" and pretends to be a tree
- Second person jumps in and says, "I'm a nut" and pretends to be a nut
- A third person jumps in and say, "I'm a squirrel" and pretends to be a squirrel
- The tree and nut leave the center and two new people jump in and build a story around the squirrel – then the group reaches three, the third says and new people jump in

## Debrief

- Creativity; more brains are better than one



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# METRONOME

Energy

- A fun Zoom stoke involving music (works better on Zoom rather than Teams so all appear and are same size)
- A variation on School of Fish stoke with motion and music
- Recommend: <https://www.youtube.com/watch?v=4nMUr8Rt2AI>
- Facilitator starts a simple motion with one arm following the beat of the music
- As tempo increases move two arms back and forth in sync; two arms out of low/high the high low
- Fast and faster; stand up – move side to side; up down
- By the end, you should be jumping around and out of breath
- Laughter ensues ...
- Note – be sure to acknowledge not all may be comfortable with movement – participants are asked to find a way to meaningfully engage



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# YOUR FIRST JOB

Connection

Empathy

- Invite everyone in the group to share their first job – paid, professional or otherwise, they can pick
- Pop corn style – one person goes and th invites someone else to share
- Additional prompts – what did you learn that you still use?



## Debrief

- Build connection
- Level setting ... even with groups at different levels, first jobs bring everyone to a similar level

Also works on Zoom

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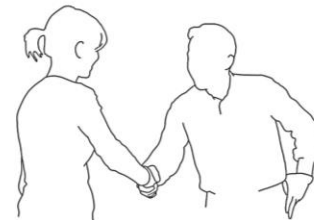


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# ACCELERATING INTRODUCTIONS

Introduction

- In pairs, introduce yourself to each other
- Keep track of what your partner says, you'll need to introduce them
- In fours, each person introduces the person they just met
- Move to groups of 8 ... and so on ... introduce someone new each time ... you've got to pay attention



## Debrief

- Build connections
- Notice how others tell your story after you introduce yourself
- Notice how the story changes over time

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# GRAB SOMETHING RED

- A Zoom stoke
- Invite participants to “grab something red”
- Everybody shows their object ... invite descriptions
- Use a new color “grab something green”



### Debrief

- Reaches into the environment of the participants
- Allows participants to share a little about themselves

## Zoom Stoke

To learn about more stokes or to schedule an LEC pop-up contact:



### Tiera Trammell

Program Manager  
Lubar Entrepreneurship Center  
trammel4@uwm.edu



Sign up for the LEC newsletter to learn about upcoming events:



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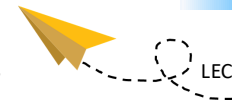


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## NOTES ... NEW STOKES ... IDEAS

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## MY DAD ALWAYS SAYS ...

- Consider something that your “Dad” or other influential person in your life/career “always” says
- It could be a “tall tale” (I had to walk uphill to school both ways in 4 feet of snow), or good career/relationship advice
- Acknowledge it could be any influential person (sibling, boss, clergy member) ... not all individuals my have a Dad
- Share in pairs or in a group

### Debrief

- Fun, nostalgia, meaningful advice



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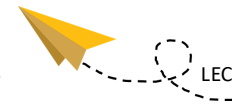


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# RANDOM ACT OF KINDNESS

Empathy  
Connection

- In pairs ... share a "random act of kindness" that you performed, or you experienced

## Debrief

- Invite group to share some highlights



# NOTES

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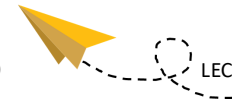
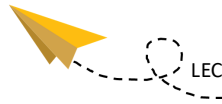
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Energy

# SCAVENGER HUNT

- Participants on Zoom
- You'll have 90 seconds to grab as many items from the following list as possible
- List suggestions

- |                     |                    |
|---------------------|--------------------|
| - A pen             | - Keys             |
| - Water bottle      | - Course textbook  |
| - Something sweet   | - Hat              |
| - Something sticky  | - Pet-related item |
| - Paper or notebook | - Glasses          |

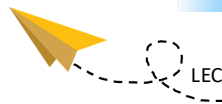


- Play music, make it fast & fun

## Debrief

- Fun, energy, set the mood

Zoom Stoke



# MY NAME IS ..., MY SOUND IS ...

- Participants form a circle
- Leader steps in and introduces themselves
- "My name is ..., and my sound is" - leader makes a sound and a motion
- Group says "Hi XXX," and repeats the sound and motion

## Debrief:

- Learn names
- Add a physical or sound element engages a different part of the brain and can help you remember names

