## Superhero! Superhero!

**Logistics:**

* From: [Stokes for Design Thinking](https://blog.prototypr.io/stokes-for-design-thinking-379178a78270)
* Icebreaker

**Use:**

* This improv warmup exercise can be completed in pairs, trios, or as a small group.

**Why:**

* Helps to build an optimistic point-of-view and energize the team.
* Does not require additional tools or technologies.

**How to play:**

1. Someone (usually the facilitator) begins with a description of the scenario:
   1. We will now play a classic warmup exercise most often used in improv training but which can be applied to design activities as well. Today, we are all superheroes AND we are all sidekicks.
   2. This game is called, **Superhero! Superhero!** To play this game, we will be split into breakout rooms containing you and one or two other group members.
      1. Alternatively, stay as one small group with alternating superheroes…
      2. Once you’re in your breakout rooms, one person is the Superhero, the others are Sidekicks. Decide quickly as you will only have 10 seconds before the activity timer begins!
      3. The Superhero quickly comes up with a Superhero name and is introduced. “Everybody, please welcome…”
   3. The Sidekicks starts by bringing a problem for the Superhero to solve, starting with “Superhero, Superhero…” (e.g. “Superhero, Superhero, the library is on fire!”)
   4. The Superhero answers with “I know exactly what we have to do!”, and continues with a proposed solution. (e.g. “I know exactly what we have to do! We will bring water from Lake Washington and put out the fire!”)
   5. The Sidekicks continues (or alternate) with a problem caused by the solution that the Superhero brought (e.g. “Superhero, Superhero, now all the books got wet!”)
   6. The Superhero comes up with a solution to the new problem (e.g. “I know exactly what we have to do! We will collect all the hairdryers in town and dry the books one by one!”)
   7. Continue with new problems and solutions for one minute (the facilitator will keep time).
   8. Are there any questions before we begin?
   9. The Superhero retires and selects one of the Sidekicks take their place. The facilitator interjects:
      1. Everyone, let’s thank <Superhero name> for their countless years of service as they hang up their cape. <appreciation>
      2. But there’s no time to waste as events are happening as we speak. Everyone, please welcome our newest Superhero…” Superhero comes up with a name.
2. Once the game ends, facilitator wraps the discussion:
   1. I wanted to show my appreciation to you all for trying this Creative Stoke with us today. Hopefully, it has helped us come together as a group to energize ourselves and to think with a growth mindset. We’ve also essentially done a “yes...and…” exercise in this small timeframe and showed that we can build off others’ ideas and generate solutions in a timely manner. Quick temperature check: how does everyone feel?

**Additional Notes**

* May be a good icebreaker to use when we want to role play for the larger activity. Get us into being someone else for the session.