

INDIVIDUAL HOMEWORK ASSIGNMENT

- Bring an object, a video clip, a piece of music, a book, or something else that inspires you in relation to the project.
- Write down three elements that you believe are most important for exploring the project.

IMPROVISATION EXERCISE IN SMALL GROUPS

Preparation (10 min)

- Form groups.
- Come up with an idea for how you can explore one of the project's challenges.
- Incorporate some of the items you brought, such as music or objects, into your improvisation.

IMPROVISATION:

Refleksion og feedback (approx. 10 min.):

- A brief round where all participants can share their experience.
- Focus on the experience from the inside:
 - What felt right?
 - What did you feel like exploring further?
- The facilitator ensures that everyone is heard.

IMPROVISATION ASSIGNMENT: DREAM SCENARIO

Part 1 – Description of Challenges:

- Divide into three groups.
- Thoroughly describe the challenges you are currently facing in your project.

Part 2 – Leap into the Future:

- Imagine that the challenges have been resolved.
- What does it look like?
- Present your dream scenario in an aesthetic way:
 - Role-play, poem, music, etc.
 - (Avoid bullet-point presentations).

Reflection and feedback:

- Reflect on the different proposed solutions to the same task.
- Conclude with a round of constructive feedback:
 - Provide only positive feedback under the heading: “This worked for me ...”

SAFE SPACES

Co-creation flourishes when groups work together thoughtfully and courageously within a safe environment.

Co-creation requires courage, reflection, and psychological safety so that groups can learn, collaborate, and develop a shared language for practice. At the same time, the value of the feminine perspective is highlighted as a form of care activism that strengthens community, well-being, and sustainability.

Key tools for creating safe spaces are:

- **Courage and uncertainty as prerequisites:** Co-creation requires participants to bring their full professional expertise and personal perspectives to bear and to work toward an unknown outcome, where mistakes and experimentation are a natural part of the process.
- **“The group’s dual task”:** This concept is drawn from the work of psychologists Manon de Jongh and Anne Totzen. One task is to produce targeted results for the project the group is working on. The other is to reflect on the group’s process and collaboration to establish psychological safety, learning, transparency, and trust.
- **Reflection as a driving force for culture:** Ongoing conversations about the process shape the group’s thinking and collaborative culture and strengthen the work environment, community, ownership, and sense of responsibility.
- **Common language and practice:** Continuous reflection develops a common language and shared practice, which strengthens both internal cohesion and the group’s external voice.
- **The reflective meta-space:** Facilitated reflection functions as a “meta-space” where the group steps back from the task - like an actor stepping out of a role - and examines their own thoughts and feelings about the work in order to develop practices together.