

The Continuous Improvement Exercise Library

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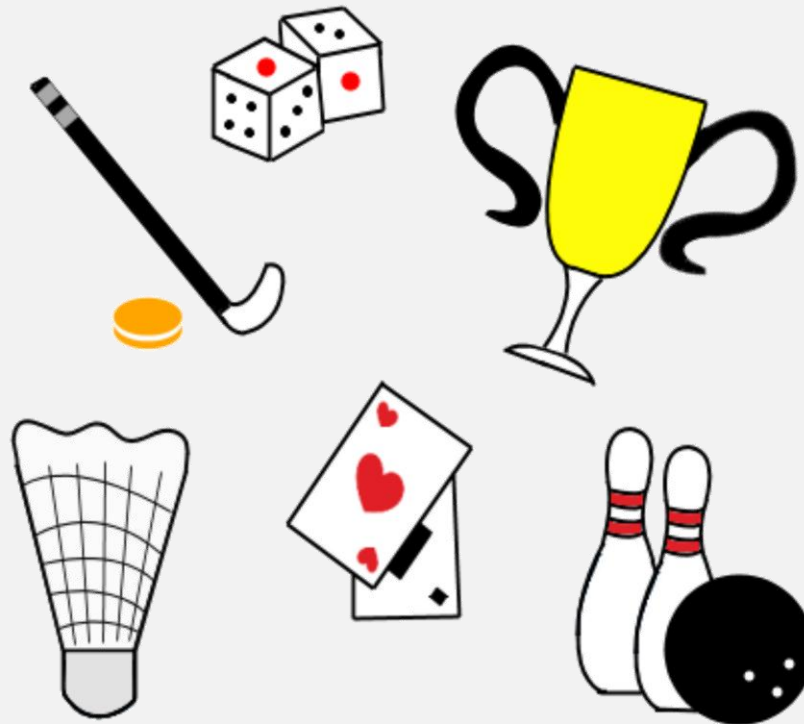
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101 Games and Exercises +51

For Kaizen, Lean and Six Sigma Workshops



Enjoy the many team Games and Exercises!

Preface



This material provides continuous improvement leaders and professionals with plenty of exercises, examples and games. It contains a range of exercises which are organized in a logical flow and a user friendly format. These exercises could be considered to be reference to those who are actually providing Kaizen, Lean and Six Sigma training and workshops.

All the data files can be downloaded from our website (www.citoolkit.com/data), enabling you to work through the examples yourself.

Icons Used in the Slides



Whole group exercise
or discussion



Exercise or game time,
and the feedback time



Team exercise



Indicates the level
of belt



Individual exercise

Manufacturing & Services



Appropriate for most
processes



Tools / materials / supplies

Manufacturing / Services



More appropriate for
services processes



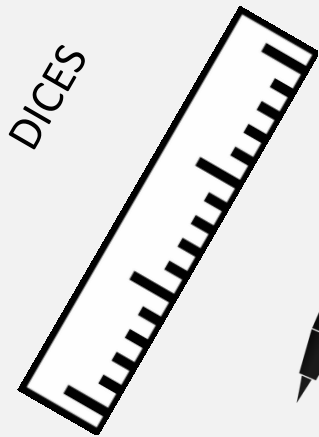
Software is needed to
complete the exercise

Manufacturing / Services



More appropriate for
manufacturing processes

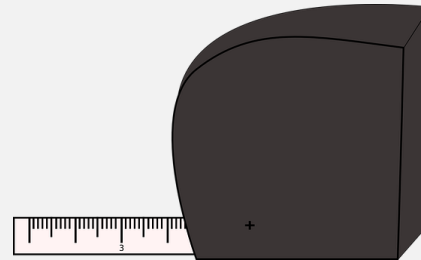
Common Tools and Supplies



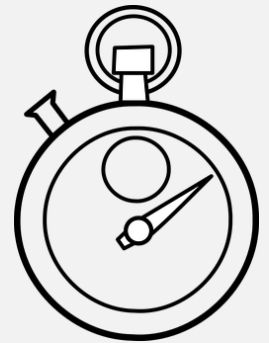
SCISSORS



MARKERS



GLUE STICK



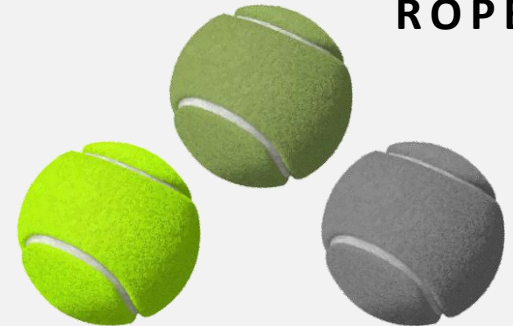
STICKERS



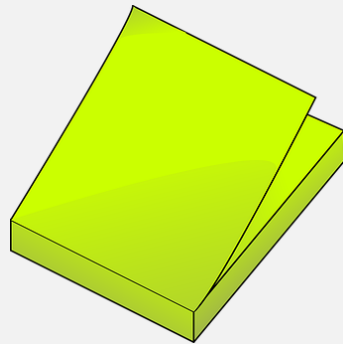
FLIPCHART



ROPE



CLIPBOARD



ADHESIVE TAPE

CALCULATOR

A4 PAPERS

Contents

Chapter 1 : Workshop Introduction, Establishing Rapport and the Need for Change

Chapter 2 : Define / Planning and Project Management

Chapter 3 : Define / Designing and Analyzing Processes

Chapter 4 : Measure / Data Collecting and Understanding Performance

Chapter 5 : Analyze / Understanding Cause and Effect

Chapter 6 : Improve / Group Creativity

Chapter 7 : Improve / Selecting and Decision Making

Chapter 8 : Improve / Implementing Solutions

Chapter 9 : Control / Implementing Solutions

Chapter 10 : More Exercises and Games

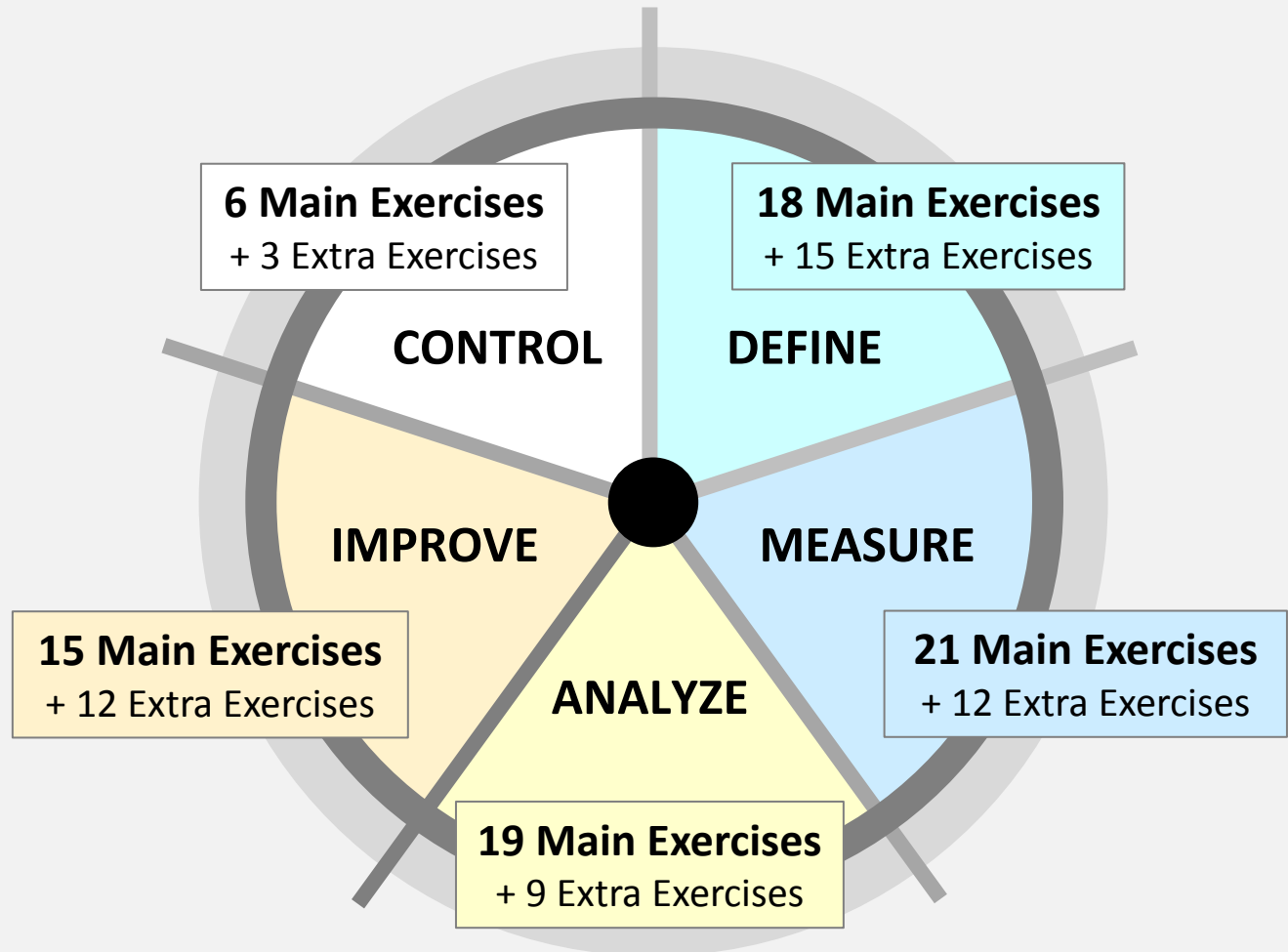
Six Sigma DMAIC

Introduction

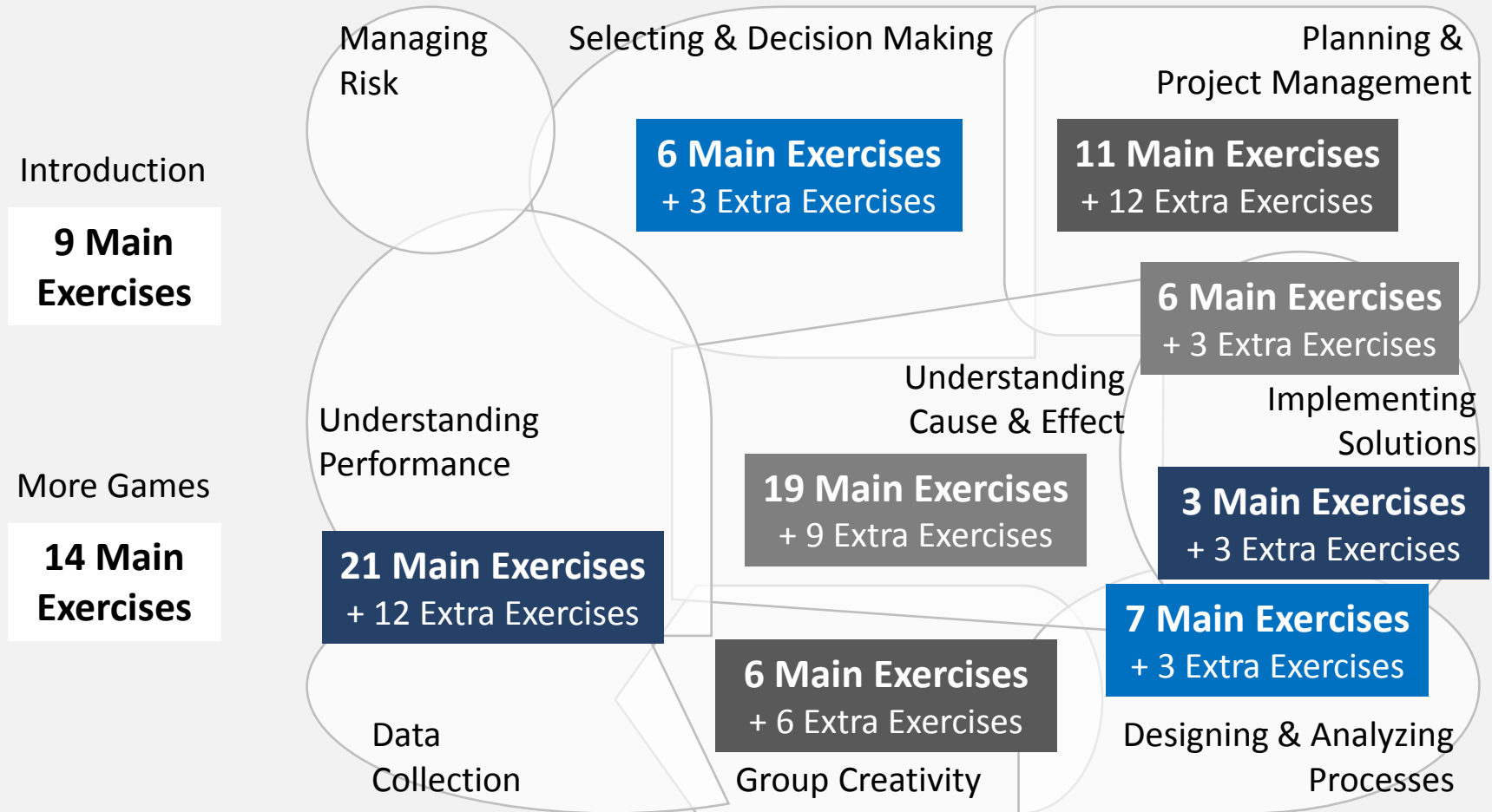
9 Main Exercises

More Games

14 Main Exercises



The Continuous Improvement Map





Workshop Introduction, Establishing Rapport and the Need for Change

Workshop Introduction

9 Exercises and Games

1 Personal Information
Introduction

Draw Your Life
Introduction

Your Name Plate
Introduction

Team Identity
Establishing Rapport

Two Questions
Establishing Rapport

What do You do for Fun?
Establishing Rapport

Current Culture
The Need for Change

Change Requires Change
The Need for Change

Change Your Seat
The Need for Change



One Personal Information .. *Introduction*

As a whole group, each person should stand up and introduce him or herself by stating the:

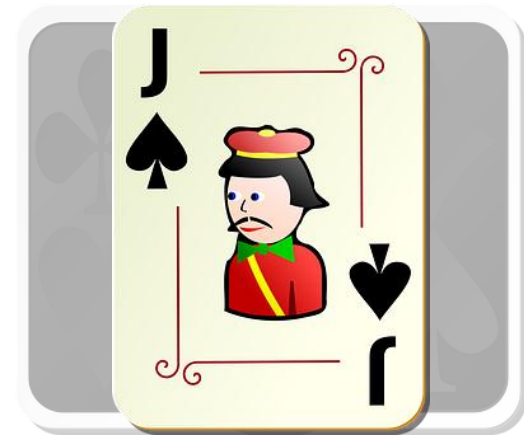
Name

Current job role

The number of years in service

Previous experience of any CI program

1 personal information that no-one else knows





Draw Your Life . . . *Introduction*

1. Take a piece of flipchart paper and fold twice (top to bottom, then left to right).
2. Write your **name** and **job title** at the top of the front page.
3. Draw one picture that describes **your life**, no words!
4. On the inside left, list what you believe your **strengths** are with respect to problem solving.
5. On the inside right, list specific areas you **wish to develop**.
6. The back page is where you will record your **learning log**.
7. Introduce yourself by **presenting** your paper.



Flipchart papers
Markers



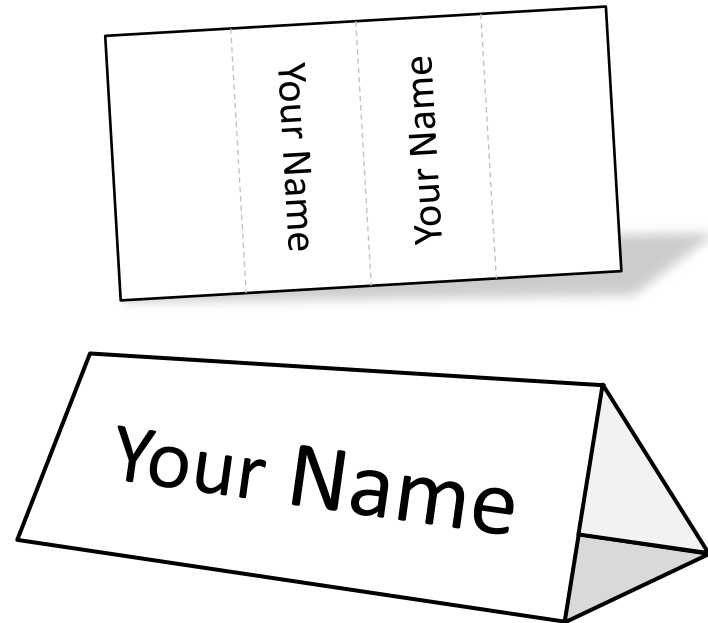
10
min


+5



Your Name Plate . . . *Introduction*

1. Fold a sheet of A4 paper in half twice, then unfold it back.
2. Try to form a triangular prism (as shown on the right).
3. Use an adhesive tape to stick the two bottom sides together to create a better stability.
4. Write your name on the two top sides to have a workshop name plate.





To buy the complete Exercise Library, please visit:
<https://citoolkit.com/exercise-library/>