

Random insertion

Ask someone to think of a number from 1 to 50 – there's your random word to use. Or if you have the table printed out big, get someone to close their eyes and put a finger on the table.

1 elephant	2 secret	3 tea bag	4 shoe
5 sleeping bag	6 hair	7 stapler	8 pizza
9 bed	10 wheel	11 suitcase	12 beard
13 leaf	14 balloon	15 yellow	16 firework
17 wings	18 starfish	19 flamingo	20 castle
21 spear	22 taxi	23 motorbike	24 apple
25 camera	26 poker	27 cardigan	28 speaker
29 peanut butter	30 drum kit	31 windmill	32 drill
33 dustbin	34 plaster	35 soft	36 prison
37 flume	38 aluminium	39 shark	40 charcoal
41 butler	42 wellies	43 mirror	44 hole
45 chip shop	46 statue	47 periscope	48 button
49 axe	50 trombone		

Toolkit

1. Use a dictionary or other 'simple noun generator' to create a seed word, plus the broader term which describes it, and an attribute it has
2. Use those three words as springboards to solve your problem, such as finding an association between the word and your problem; you may generate a 'bridging idea' first
3. Alternatively, come up with an interesting idea or fact from the list of supplied categories, (giving you more control over the seed word) and see if you can find a useful link between that and your goal