

Sprint Planning - Making the Most of Your Sprint

1. Connection (5 minutes)

- **Activity:** "Two Truths and a Lie (Sprint Planning Edition)."
 - Invite each participant to think of three "facts" about Sprint Planning: two true statements and one lie.
 - Participants mingle and share their statements with each other. Others guess which statement is the lie.

2. Concept (10 minutes)

- **Activity:** "Scrum Guide Skim & Share."
 - Divide participants into small groups (3-4 people).
 - Provide each group with link
 - Instruct them to skim the section and identify the most important takeaway *for purpose and each topic*.
 - Each group shares their takeaways with the larger group.

3. Concrete Practice (25 minutes)

- **Activity:** "Sprint Planning Simulation: The Outback Survival Scenario."
 - Present a scenario: "Your team is stranded in the outback after a gyrocopter crash. You have a limited number of salvaged. Your *Product Goal* is to survive and reach civilization. You have one 'Sprint' (simulated by this activity) to gather resources and make a plan."
 - Divide participants into Scrum Teams (if they aren't already).
 - Each team has 15 minutes to simulate Sprint Planning, focusing on the three topics:
 - **Why:** Define a Sprint Goal (e.g., "Secure a water source and establish a temporary shelter").
 - **What:** Select the items (Product Backlog Items) they'll focus on for the "Sprint."
 - **How:** Create a rough plan (Sprint Backlog) for how they'll use those items to achieve the Sprint Goal.

4. Conclusions (15 minutes)

- **Activity:** "Gallery Walk & Sticky Note Feedback."
 - Each team posts their "Sprint Goal" and a brief summary of their "Sprint Backlog" on a wall or whiteboard.
 - Participants walk around and review the other teams' plans.
 - Using sticky notes, they provide constructive feedback (one positive comment and one suggestion for improvement) on at least two other teams' plans.
- **Debrief & Key Takeaways (5 minutes):**
 - Facilitate a brief discussion:
 - What were the biggest challenges your team faced during the simulation?

- What did you learn about Sprint Planning that you can apply to your actual work?
- Summarize key takeaways on the whiteboard:
 - Sprint Planning is a collaborative effort.
 - A clear Sprint Goal is essential.
 - The Sprint Backlog is a *plan*, not a rigid commitment.
 - Continuous communication and adaptation are crucial.

5. Commit (5 minutes)

- **Activity:** "Personal Action Plan."
 - Each participant writes down *one specific action* they will take to improve their team's next Sprint Planning session. This could be related to preparation, participation, or follow-up.
 - Participants share their action plans with a partner.