

Fish!—

A ~~Work~~ PLAY Book



Please have fun with your Play Book.
Write anywhere you want. Write down
questions you think are important,
comments you want to make later, draw
ideas to remember and share, most of
all...have fun.

This book belongs to: _____

PLAY!

Some people think play is the opposite of work. You're either playing or working. Playing at school is usually done on the sly. It is considered unproductive, unhelpful, and unprofitable.

Every day the Pike Place Fish guys prove that wrong. Their play works for them. It makes their jobs more enjoyable than they would be otherwise, it draws in business and it actually helps them accomplish some of their tasks better than if they just slogged through the day.

- ✚ Play makes your job fun.
- ✚ Play energizes the creativity and problem-solving abilities within you.
- ✚ Play pleases team members.
- ✚ Play makes boring tasks easier to do.
- ✚ Play makes time pass more quickly.

Any job can be boring if you make it boring. Any job can be fun if you make it fun.

What can you do to make your job more fun???

You can find ways of playing. It doesn't have to be throwing a fish. In fact you don't have to throw anything.

What other ways can you PLAY at work in ASB and at school?

How can you involve your peers?

*What can you do...
...to regenerate fun every day...
...in your Leadership class?*

If you're out of the habit, playing might require some serious practice. Well, not all that serious. Here are some ideas to spark playfulness within you. Be sure to add your own ideas!

I usually sigh and roll my eyes when...

Next time I want to roll my eyes I plan to...

I think our school/principal would live it if every time they called/entered our classroom we...

I think our leadership class song should be...

And that we should sing it everytime we...

The most unpleasant part of my job would become my favorite part if only I got to...



MAKE THEIR DAY!

The Pike Place Fish guys make a difference for everyone around them. They “make their day” by having fun and inviting others to join in.

It’s hard for anyone to resist a good time, especially in a place where you’re supposed to be serious. If you’re feeling down and you deal with someone who’s up-beat and friendly, you can’t help but absorb some of their energy.

Have you ever had this experience? You’re having a lousy day. You’re in a bad mood. You’re upset. And then you are confronted with a dog wagging its tail or a smiling child. Did your mood lighten? Did you smile? That’s what we mean by “Make Their Day.” Now pass it on.

Think about a time when someone made your day. Or even made you smile when you had been crabby. What changed your mood?

“When they see us having fun, it’s like a feeding frenzy. Everyone wants to join in!”

What can you do to make your energy contagious?



What do you already do to put people in a better mood?

Look at grouchy people as a challenge, even a game. It’s easier to make someone’s day if they’re already in good spirits. But if they’re being difficult, you get a chance to really prove yourself. It probably won’t be as easy as coming up with a one-liner. Pay attention to them. Play with them. If nothing works, you haven’t lost anything. If it does, it’ll make your day, too!

React to each person as an individual. Ask yourself, “What would make this person’s day? What would bring a smile to their face? What can I do?” **Jot down a few ideas you might use when you get back to school:**

BE THERE!

You know how when teachers take attendance and you hear the names of all the kids in the class and each person responds with, at best, an annoyed “Here?” There are a lot of warm bodies in the room, but most of the class isn’t really there.

The same is true for Leadership Class. Some students are going through the motions without really paying attention, engaging in an out-of-body experience called “Leadership.”

“You have to keep bringing yourself back to being present. You’re here, now.”

“When you’re present with people, you look at them. You’re there.”

200 COOKIES: An Example of NOT Being There

Harry recently stopped at a fast food restaurant and made a simple order including a cookie. The server said, “I’ll get that for you right away. And would you like a cookie with that today?”

Harry figured it was an honest mistake and didn’t think of it again until the next time he returned. He made his order with a different server, and again asked for a cookie. Again, the server ignored his request and politely asked if he wanted a cookie.

The third time Harry dealt with yet another server. This time Harry was feeling a little mischievous. He made his order, then added, “And I’d like two hundred cookies.” The server said, “I’ll get that for you right away. And would you like a cookie?”

You’re going to act different if you’re being “good enough” versus being “world famous.”

What are some of the differences you might see?

What Happens When You're "Being" World Famous?

Since the Pike Place Fish guys have made a commitment to "being" world famous, they've appeared on the TV sitcom Frasier. They were featured in a Nike commercial. They're often seen on the news. They have been on French, British and German television.

And they haven't received just media attention. Most everyone who has been to Seattle has noticed them. You see their fans all over the United States wearing Pike Place Fish T-shirts.

None of this would have been possible if the fish guys thought of their work as "just selling fish."

BE THERE EXERCISES

Pay attention, focus, listen, look, hear

At your next meal, take time to contemplate the flavor of the food. Notice the subtleties. Concentrate on what you're experiencing. **(Or just use M&M's and notice the flavor of the chocolate, the texture of the shell. Try biting one, then try letting one melt in your mouth.)**

Listen to a friend, family member or co-worker. Don't just wait your "turn" to talk. Simply listen. Put aside any agenda or opinions for a moment and concentrate on what your friend is saying. **(Let a friend talk for 30 to 60 seconds and then tell that person what they just told you. Try to capture the emotion behind the words, don't just parrot back the words.)**

When you're having a hard time being present in Leadership, take a few minutes to think about what you'd rather be doing, or what you're preoccupied with. Use your drive to school, break or lunch to focus on it. Talk to yourself out loud. Writing it in a notebook or saying it out loud can help get distractions out of your system so you can focus on work. **(Take a minute and write down any distracting thoughts!)**

CHOOSE YOUR ATTITUDE!

Choose your attitude. It's the last point of FISH! and, in a sense it's the bedrock underneath the first three. You'll probably find that you'll want to try playing, making people's day and being there. Sometimes. Other times you'll tell yourself or your peers, "Look. I'm not in the mood to do those things. I'm having a bad day."

In order to have the FISH! attitude, and consistently live and work by the first three points, you have to recognize that, whether you want to or not, you choose your attitude.

How did you start your day today? What state of mind did you choose?

"You've gotta choose where you're gonna be as soon as you get out of bed! I consciously make that choice every day."

What will you choose tomorrow?

Lots of people don't believe they have any control over their attitude or mood. The weather is "bad." Someone cut them off on the highway. They got bad customer service somewhere. But you don't have to respond to these things with a bad mood or attitude. You can shrug them off and not let them affect you negatively.

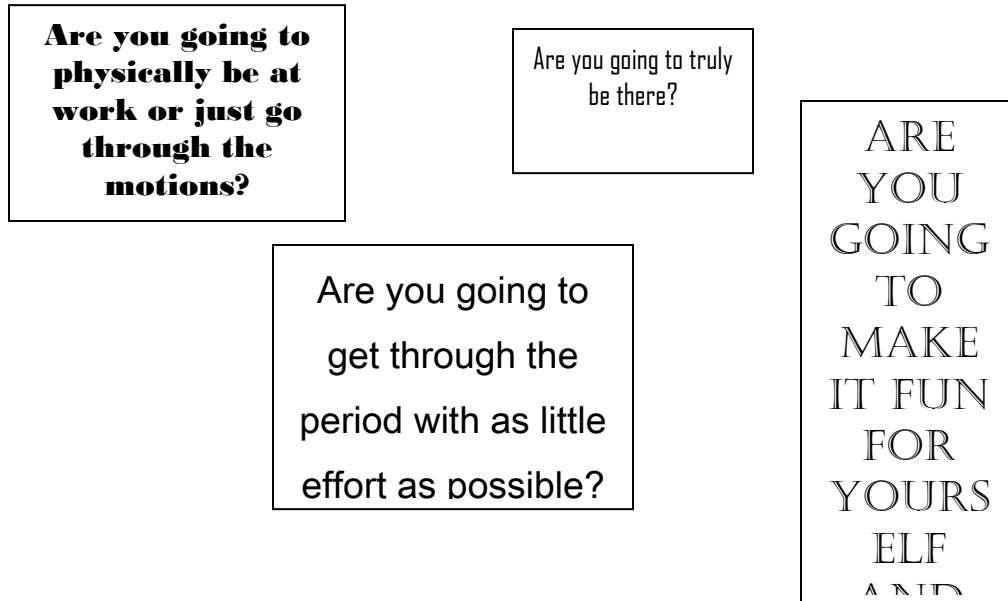
Now, sometimes the things that get you down are more serious and a bigger part of your life than just the weather. You're having health problems. Your home was broken into. Your friend is causing problems at school.

Harsh realities exist, and they are nearly impossible to ignore. But you still have a choice. Will you let these things eat away at you until they have robbed you of all your joy, or will you make the best of every moment and find dozens of little things to celebrate each day?

List 5 things you are grateful for today:

- 1)
- 2)
- 3)
- 4)
- 5)

You choose the frame of mind in which you approach your job.



When something starts to get your goat, work at shrugging it off. Really work at letting go of things you might otherwise stew over.

As you get out of bed, or as you put on your clothes each day, consciously “put on” your attitude.

**Think about your attitude the last time you had a bad day...
(And whether your mood was good, bad, or indifferent.)**

How would your day have been different if you had been committed to being upset?

How would you have reacted to the people you came in contact with?

How would you have reacted to situations you experienced?

What would your day have been like if you had been determined to be in a good mood?

How might you have reacted differently to some of the negative things that happened?



Envision your Leadership Class as fun and playful. Draw it. Describe it.

Envision yourself as someone who makes people's days. How do you do it? What are you like?

Envision yourself being present. What are you like? What difference does it make?

Envision yourself with the attitude you would like to have every day. Describe or draw it.

Hey! It's a blank page!

Do whatever you want with it!!!