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.

PLAY!

Work made fun gets done, especially when we choose to do serious tasks in a lighthearted, spontaneous way. Play is not just an activity; it’s a state of mind that brings new energy to the tasks at hand and sparks creative solutions.

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 at school more fun???

What other ways can you have an attitude of PLAY while 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?

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

I think our leadership class song should be...

And that we should sing it every time we...

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

MAKE THEIR DAY!

Here’s the Starfish Story—a great story about making their day.

Once upon a time there was a wise man who used to go to the ocean to do his writing. He had a habit of walking on the beach before he began his work.

One day he was walking along the shore. As he looked down the beach, he saw a human figure moving like a dancer. He smiled to himself to think of someone who would dance to the day. So he began to walk faster to catch up.

As he got closer, he saw that it was a young man and the young man wasn’t dancing, but instead he was reaching down to the shore, picking up something and very gently throwing it into the ocean.
As he got closer he called out, "Good morning. What are you doing?"
The young man paused, looked up and replied, "Throwing starfish in the ocean."
"I guess I should have asked, why are you throwing starfish in the ocean?"
"The sun is up and the tide is going out. And if I don’t throw them in they’ll die."
"But, young man, don’t you realize that there are miles and miles of beach and starfish all along it. You can’t possibly make a difference!"
The young man listened politely. Then bent down, picked another starfish and threw it into the sea, past the breaking waves and said, "It made a difference for that one."

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

➢ What can you do to make your positive energy contagious?

➢ What do you already do to put people in a better mood? Jot down a few ideas you might use when you get back to school:

BE THERE!
The glue in our humanity is in being fully present for one another. Being there also is a great way to practice wholeheartedness and fight burnout, for it is those halfhearted tasks you perform while juggling other things that wear you out.

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?"
“Yes, it is,” Michael said. “Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people affect your mood. You choose to be in a good mood or bad mood. The bottom line: It’s your choice how you live your life.”

“Yeah, right, it’s not that easy,” I protested. “Yes, it is,” Michael said. “Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people affect your mood. You choose to be in a good mood or bad mood. The bottom line: It’s your choice how you live your life.”

I reflected on what Michael said. Soon thereafter, I left the Tower Industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it.

Several years later, I heard that Michael was involved in a serious accident, falling some 60 feet from a communications tower. After 18 hours of surgery and weeks of intensive care, Michael was released from the hospital with rods placed in his back. I saw Michael about six months after the accident. When I asked him how he was, he replied, “If I were any better, I’d be twins!” He was a natural motivator. If an employee was having a bad day, Michael was there telling the employee how to look on the positive side of the situation. Seeing this style really made me curious, so one day I went up to Michael and asked him, “I don’t get it! You can’t be a positive person all of the time. How do you do it?” Michael replied, “Each morning I wake up and say to myself, you have two choices today. You can choose to be in a good mood or...you can choose to be in a bad mood. I choose to be in a good mood. Each time something bad happens, I can choose to be a victim or...I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or...I can point out the positive side of life. I choose the positive side of life.

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G-12b: Fish book skeleton

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

- List 5 things you are grateful for today:
  1) 
  2) 
  3) 
  4) 
  5) 

- Think about your attitude the last time you had a bad day...what was it like? (And whether your mood was good, bad, or indifferent.)

- How would your day have been different if you were 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?

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Delta=Change

- 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!!!