

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!

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???

You can find ways of playing. It doesn't have to be throwing a fish. In fact you don't have to throw anything. Remember "Play" is more an attitude!

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?

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!

When you “make someone’s day” (or moment) through a small kindness or unforgettable engagement, you can turn even routine encounters into special memories.

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 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?"

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?

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?

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...
(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?

G-12a: Fish book brief version

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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!!!**