

IT'S OK TO PLAY NOTES

YOU CAN DISCOVER MORE ABOUT A PERSON IN AN HOUR OF PLAY THAN IN A YEAR OF CONVERSATION PLATO

GAMES CAN BE USED TO TEACH PEOPLE A VARIETY OF SUBJECTS AND SKILLS. GAMES INVOLVE PLAY. PLAY HAS PURPOSE AND PLAY HAS MEANING. THE WAY WE PLAY GAMES IS A REFLECTION ON HOW WE REACT TO SITUATIONS AND CHALLENGES IN LIFE AND LEADERSHIP.

GAMES ARE MINDSET STIMULATION EXERCISES (MSE). THEY ARE VISUAL REPRESENTATIONS AND LEARNING OPPORTUNITIES THAT CAN STIMULATE YOUR THOUGHTS AND ACTIONS.. WHEN SOMETHING IS MORE ENGAGING OR FUN, RESEARCH HAS PROVEN THAT WE RETAIN THE INFORMATION BETTER. IF WE ASSUME SOMETHING WILL BE FUN OR THE RESULTS OF PARTICIPATING WILL BE FUN, WE PERFORM BETTER. ASKING SOMEONE TO PARTICIPATE IN A TRAINING EXERCISE DOESN'T SOUND FUN. ASKING SOMEONE TO PLAY A GAME SOUNDS FUN. OUR MINDSET HAS ALREADY BEEN ADJUSTED IN A POSITIVE WAY. GAMES HELP US GROW BOTH PERSONALLY AND PROFESSIONALLY.

RULES FOR PLAY
HAVE FUN!
MEET NEW PEOPLE
NO LAWSUITS

LIFE AND LEADERSHIP ARE ABOUT CREATING POSITIVE AND ENJOYABLE EXPERIENCES; BUILDING STRONG RELATIONSHIPS BY CONNECTING WITH PEOPLE AND STAYING OUT OF TROUBLE BY RESPECTING OTHERS PERSONAL SPACE AND BELIEFS.

TO SUCCEED AT ANY GAME YOU MUST FIRST PARTICIPATE. WHILE YOU PARTICIPATE YOU WILL LEARN ABOUT

YOURSELF AND THE PEOPLE YOU ARE PARTICIPATING WITH. LIFE IS A LONG LEARNING EXPERIENCE. WHILE YOU ARE LEARNING, YOU WILL START TO APPRECIATE THE PROCESS AND THE PEOPLE. WE WOULD LOVE OUR PERSONAL AND PROFESSIONAL DREAMS TO COME TRUE OVERNIGHT, BUT THAT RARELY HAPPENS. TO APPRECIATE SOMETHING OR SOMEONE, YOU MUST UNDERSTAND THE PROCESS...THE WHO, WHAT, WHY, HOW AND WHEN THINGS HAPPEN. FINALLY, SUCCESS IN LIFE, LEADERSHIP AND GAMES DEPENDS ON YOU! THE ATTITUDE YOU POSSESS. THE PASSION YOU BRING. THE ENERGY YOU BRING AND YOUR DEDICATION. THE CHOICE IS YOURS. WHEN YOU CHOOSE TO MAKE THE EXPERIENCE A POSITIVE ONE, YOU WILL GET POSITIVE RESULTS. WHEN YOU CHOOSE A NEGATIVE ATTITUDE, YOU ARE LIKELY TO HAVE NEGATIVE RESULTS. WHEN YOU ARE POSITIVE, PEOPLE WILL FOLLOW YOUR LEAD AND YOU WILL EMPOWER YOURSELF AND OTHERS TO DO GREAT THINGS.

IT'S OK TO PLAY NOTES

- WITH EVERY MSE/GAME BE SURE TO VISUALLY AND VERBALLY EXPLAIN HOW THE ACTIVITY WORKS AND ASKS PARTICIPANTS IF THEY UNDERSTAND. GIVE THEM AN OPPORTUNITY TO ASK QUESTIONS.
- EVERY ACTIVITY SHOULD HAVE MUSIC. RESEARCH PROVES THAT PEOPLE IMPROVE THEIR OVERALL PERFORMANCE WHEN LISTENING TO MUSIC. MUSIC ALSO PROVIDES A GREAT CUE ON WHEN TO START AND STOP AN ACTIVITY. WHEN THE MUSIC STARTS, THE ACTIVITY STARTS, WHEN THE MUSIC STOPS THE ACTIVITY STOPS.
- AFTER EVERY ACTIVITY, MAKE TIME TO DEBRIEF AND DISCUSS THE LEARNING LESSON FROM THE ACTIVITY. TIME FOR DEBRIEFING AND REFLECTION ARE THE MOST IMPORTANT PARTS OF MSE/LEARNING GAMES.
- ANY GAME YOU HAVE EVER PLAYED CAN BE USED TO TEACH A LIFE OR LEADERSHIP LESSON.
- GAMES ARE ABOUT CREATING COMMUNITY. EVERY COMMUNITY HAS A CULTURE! CULTURE IS A NOUN AND A VERB. (NOUN) A CULTURE IS A SET OF SHARED ATTITUDES, GOALS AND PRACTICES THAT CHARACTERIZES AN INSTITUTION, ORGANIZATION, OR COMMUNITY. (VERB) TO MAINTAIN CONDITIONS SUITABLE FOR GROWTH.
- "POSITIVE CULTURES PRODUCE PRODUCTIVE PEOPLE" POSITIVE CULTURES POSSESS LEADERSHIP, CLEAR COMMUNICATION, TEAMWORK, INCLUSION AND A FRESH MINDSET. ALL THE BEHAVIORS ARE DISPLAYED BY PARTICIPANTS DURING PLAY.
- NEED MORE IDEAS OR HAVE QUESTIONS, PLEASE CONTACT FRANK KITCHEN AND HE WILL SHARE HIS BOOK OF RECIPES FOR LEARNING GAMES AND ACTIVITIES. FRANK@FRANKKITCHEN.COM OR 480-405-7658

IT'S OK TO PLAY NOTES

MINDSET STIMULATION EXERCISES/GAMES

HEADS OR TAILS

FIND A LARGE COIN (QUARTER) OR PURCHASE A LARGE/PLAY COIN FROM A TEACHER'S STORE OR PARTY STORE. THE LARGER THE COIN, THE MORE FUN. HAVE A PRIZE THAT PEOPLE WILL REALLY WANT.

1. ASK EVERYONE IN THE ROOM, "PLEASE STAND UP IF YOU WOULD LIKE TO WIN A PRIZE?"
2. ONCE EVERYONE STANDS, EXPLAIN THAT YOU ARE ABOUT TO PLAY A GAME AND THE WINNER WILL WIN (THE PRIZE YOU HAVE SELECTED).
3. EXPLAIN THAT TO WIN THE PRIZE YOU WILL BE PLAYING "HEADS OR TAILS?"
4. EXPLAIN THAT THEY MUST MAKE A CHOICE WHEN YOU FLIP THE COIN. THEY MUST CHOOSE HEADS OR TAILS.
5. TO SELECT HEADS PUT YOUR HANDS ON YOUR HEAD.
6. TO SELECT TAILS, PUT YOUR HANDS ON YOUR TAIL. EXPLAIN THAT THEY ARE TO KEEP THEIR HANDS TO THEMSELVES. THIS PREVENTS LAWSUITS AND A FUN EXPERIENCE FOR ALL.
7. EXPLAIN THAT WHEN THEY CHOOSE INCORRECTLY THAT THEY ARE OUT OF THE GAME, BUT THEY CAN STILL PARTICIPATE BY CHEERING OTHERS ON AND HELPING THEM MAKE A DECISION.
8. KEEP FLIPPING THE COIN UNTIL YOU GET DOWN TO 1,2, OR 3 WINNERS
9. DURING THE DEBRIEF EXPLAIN THAT LIFE IS ABOUT CHOICES. YOU GET REWARDED FOR MAKING GREAT CHOICES. YOU CAN ONLY WIN WHEN YOU PARTICIPATE.

APPLE

PICK A SONG THAT IS FAST AND VERY POPULAR.

1. EXPLAIN TO PEOPLE THAT YOU ARE GOING TO MEET SOME NEW PEOPLE IN THE ROOM. ASK THEM TO LOOK AROUND THE ROOM FOR SOMEONE NEW THAT THEY DON'T KNOW. GO MEET THAT PERSON. THEY SHOULD SHAKE EACH OTHER'S HAND, SAY THEY'RE NAME AND WHERE THEY ARE FROM.
2. AFTER THEY FORM A GROUP OF TWO. REPEAT STEP ONE THIS TIME AS A GROUP OF TWO. FIND A GROUP OF TWO PEOPLE YOU DON'T KNOW. GO MEET THAT GROUP TO FORM A GROUP OF FOUR.
3. AFTER ABOUT 2-3 MINUTES, STOP THE MUSIC AND DEBRIEF.
4. ASK PARTICIPANTS... WHAT WAS DIFFERENT? WHY IS IT DIFFICULT TO MEET NEW PEOPLE?
5. TELL A PERSONAL STORY ABOUT HOW MEETING A NEW PERSON HELPED YOU GROW PERSONALLY OR PROFESSIONALLY. EXPLAIN WHY MEETING NEW PEOPLE IS IMPORTANT FOR GROWTH.

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MINDSET STIMULATION EXERCISES/GAMES

PIG TEST

STEP #1

PLEASE DRAW A PIG ON A PIECE OF PAPER, PHONE SCREEN OR TABLET SCREEN! PLAY MUSIC WHILE PEOPLE ARE DRAWING.

THERE ARE NO RULES, NO LIMITS! YOU CAN DRAW ANYTHING! THIS TEST IS ABOUT YOU.

STEP #2

WHERE DID YOU DRAW YOUR PIG?

- IF YOUR PIG IS AT THE TOP OF THE PAGE, YOU ARE POSITIVE AND OPTIMISTIC!
- IF YOUR PIG IS IN THE MIDDLE OF THE PAGE, YOU ARE A REALIST!
- IF YOUR PIG IS AT THE BOTTOM OF THE PAPER, YOU ARE SUSPICIOUS AND HAVE A LIKELIHOOD TO BEHAVE NEGATIVELY.

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STEP #3

WHAT DIRECTION DOES YOUR PIG FACE?

DOES YOUR PIG FACE TO THE LEFT SIDE OF THE PAGE?

- YOU BELIEVE IN TRADITIONS. YOU ARE FRIENDLY. YOU ARE GOOD AT REMEMBERING DATES BIRTHDAYS, HOMEWORK, ANNIVERSARIES,ETC)

DOES YOUR PIG FACE TO THE RIGHT SIDE OF THE PAGE?

- YOU ARE CREATIVE AND ACTIVE. YOU DON'T HAVE A STRONG SENSE OF FAMILY. YOU HAVE A HARD TIME REMEMBERING DATES.

IS YOUR PIG LOOKING DIRECTLY AT YOU?

- YOU ARE DIRECT, ENJOY PLAYING DEVIL'S ADVOCATE AND NEITHER FEAR NOR AVOID DISCUSSIONS

IT'S OK TO PLAY NOTES

MINDSET STIMULATION EXERCISES/GAMES

PIG TEST CONTINUED

STEP #4

HOW MUCH DETAIL DID YOU PUT INTO YOUR DRAWING?

DO YOU HAVE A LOT OF DETAILS?

- YOU ARE ORGANIZED, METHODICAL, CAUTIOUS AND DISTRUSTFUL.

FEW DETAILS?

- YOU TEND TO BE EMOTIONAL AND NAIVE (EASY TO TRICK/INFLUENCE), YOU CARE LITTLE FOR DETAILS AND ARE A RISK-TAKER.

STEP #5

HOW MANY LEGS DID YOU DRAW?

ALL 4 LEGS SHOWING

- YOU TEND TO BE SECURE, STUBBORN AND STICK TO YOUR IDEALS.

LESS THAN FOUR LEGS?

- YOU TEND TO BE EMOTIONAL AND GULLIBLE. YOU ALSO CARE LITTLE FOR DETAILS AND ARE A RISK TAKER

STEP #6

DID YOU DRAW EARS?

HOW BIG ARE YOUR PIGS EARS?

- THE SIZE OF THE EARS SHOW HOW GOOD A LISTENER YOU ARE. THE BIGGER THE BETTER!

STEP #7

DID YOU DRAW A TAIL?

DOES YOUR PIG HAVE A TAIL?

- THE LENGTH OF THE TAIL INDICATES THE QUALITY OF YOUR RELATIONSHIPS. THE LONGER THE BETTER.

IT'S OK TO PLAY NOTES

MINDSET STIMULATION EXERCISES/GAMES

EARTHQUAKE

1. ASK FOR 9 TO 12 PEOPLE TO VOLUNTEER FOR THE ACTIVITY SO YOU CAN DEMONSTRATE HOW TO PLAY.
2. ASK PARTICIPANTS TO BREAK INTO GROUPS OF THREE (3)
3. HAVE THEM COUNT OFF 1, 2, 3
4. ASK NUMBERS 1 AND 2 TO LOOK AT EACH OTHER AND PUT BOTH THEIR ARMS IN THE AIR. THEN ASK THEM TO HOLD/SLAP THEIR HANDS TOGETHER AND HOLD THEM TOGETHER. THEY HAVE NOW FORMED A HOUSE.
5. ASK NUMBER 3 TO STEP INTO THE HOUSE. THEY ARE NOW CALLED THE OCCUPANT.
6. INFORM ALL PARTICIPANTS THAT THE OBJECTIVE OF THE ACTIVITY IS FOR THEM TO LISTEN TO YOUR INSTRUCTIONS AND FOLLOW THEM. EXPLAIN THAT THE INSTRUCTIONS ARE ONLY ONE WORD.
7. FLOOD - THE HOUSES STAY STILL AND THE OCCUPANT LEAVES /MOVES FROM THE HOUSE AND FINDS A NEW HOUSE TO MOVE INTO/RESIDE IN.
8. TORNADO - THE OCCUPANT STAYS STILL AND THE HOUSES BREAK APART/MOVE. THE HOUSES NEED TO BREAK APART AND FIND ANOTHER HOUSE TO FORM A HOUSE WITH. THEY MUST MOVE THEIR HOUSE OVER AN OCCUPANT. THE HOUSES SHOULD KEEP THEIR HANDS UP TO FIND OTHER HOUSES. HOUSES ARE THE ONLY PEOPLE MOVING.
9. EARTHQUAKE - EVERYONE MOVES! THE GROUPS OF THREE NEED TO BREAK APART AND FIND OTHER PEOPLE IN THE ROOM TO FORM A NEW GROUP OF THREE. TWO PEOPLE FORM A HOUSE AND ONE PERSON BECOMES AN OCCUPANT. PEOPLE CAN BE WHATEVER THEY WANT.
10. PLAY SOME UPBEAT/PARTY MUSIC. START YELLING OUT YOUR INSTRUCTIONS. BE SURE TO MIX UP THE ORDER YOU YELL OUT THE INSTRUCTIONS. ALSO SPEED UP THE TIME YOU YELL OUT THE INSTRUCTIONS.

IT'S OK TO PLAY NOTES

EARTHQUAKE DEBRIEF

ASK PEOPLE WHAT THEY LEARNED?

ASK PEOPLE HOW THEY FELT?

EXPLAIN HOW EACH INSTRUCTION REPRESENTS SOMETHING THEY WILL EXPERIENCE IN LIFE AND LEADERSHIP. EXPLAIN HOW THERE ARE PEOPLE WHO OFTEN QUIT THIS EXERCISE. EXPLAIN THAT IF THEY QUIT A GAME THEY MAY END UP QUITTING WHEN A TOUGH SITUATION OCCURS IN LIFE.

FLOOD - A POINT IN LIFE WHERE YOU HAVE TO CHANGE OR ONE PERSON NEEDS TO MOVE OR MAKE A CHANGE

TORNADO - A POINT IN LIFE WHERE THE ENVIRONMENT CHANGES AROUND YOU OR AN INDIVIDUAL/ORGANIZATION

EARTHQUAKE - A POINT IN LIFE WHERE EVERYONE MUST ADJUST AT THE SAME TIME. SOMETHING THAT CHANGES EVERYTHING.

EARTHQUAKE IS ABOUT COMMUNICATION, HELPING OTHERS AND WORKING WITH YOUR GROUP TO FORM A HOUSE WITH AN OCCUPANT. THERE ARE LOTS OF DISTRACTIONS WITH MUSIC, OTHER PEOPLE, TIMING, PACE AND CHAOS, BUT THE IDEA IS TO WORK TOGETHER TO ACCOMPLISH THE OBJECTIVE.

BINGO

MAKE UP A BINGO BOARD IN EACH OF THE BOXES AND WRITE A PERSONALITY TRAIT, CHARACTER TRAIT, DREAM OR SKILL. THE IDEA IS FOR PEOPLE TO LEARN ABOUT EACH OTHER NOT BASED ON PHYSICAL TRAITS. YOU WANT TO GET PEOPLE TALKING. EXAMPLES: MEET SOMEONE WHO IS LEFT-HANDED, SOMEONE WHO WAS BORN IN ANOTHER COUNTRY, IS AN ONLY CHILD, SPEAKS MORE THAN ONE LANGUAGE, HAS NOT SEEN STAR WARS, ETC. WHEN YOU MEET A PERSON WHO CORRESPONDS WITH A BOX ON YOUR BINGO BOARD, THEY SIGN THEIR NAME. YOU CAN SET THE LIMIT FOR HOW MANY TIMES A PERSON CAN SIGN SOMEONE'S BINGO BOARD. GIVE OUT A PRIZE FOR THE FIRST PERSON TO GET BINGO AND FOR THE PERSON TO GET EVERY BOX SIGNED.

BE SURE TO EXPLAIN TO EVERYONE THAT SOME PEOPLE RECEIVED A PHYSICAL GIFT, BUT THE TRUE REWARD WAS LEARNING MORE ABOUT THE OTHER MEMBERS OF THEIR TEAM.

IT'S OK TO PLAY NOTES

HIGH FIVE

HAVE A CLOCK OR TIMER.

ASK EVERYONE PARTICIPATING TO STAND UP AND GIVE PEOPLE AROUND THEM A "HIGH 5." EXPLAIN THAT EVERYONE IS DOING A GREAT JOB PARTICIPATING. ASK THE QUESTION TO THE GROUP, "HOW LONG DO YOU THINK IT WOULD TAKE FOR EVERYONE TO HIGH 5 FIVE PEOPLE IN THE ROOM?"

LET PEOPLE YELL OUT ANSWERS.

SELECT A NUMBER.

EXPLAIN THAT EVERYONE THE GOAL. THEY MUST STAND UP, HIGH 5 FIVE COMPLETELY DIFFERENT PEOPLE AND SIT BACK DOWN ANYWHERE.

EXPLAIN THAT YOU WILL TIME THE ACTIVITY. YOU WILL START THE CLOCK WHEN YOU SAY GO AND STOP IT WHEN THE LAST PERSON SITS DOWN.

KEEP PLAYING UNTIL PEOPLE ARE TIRED OR UNTIL YOU BEAT THE GOAL. MANY TIMES THERE WILL BE SOMEONE IN THE ROOM WHO WILL PUSH TO DO SOMETHING BETTER.

BE SURE TO MODIFY THE ACTIVITY FOR ANYONE WITH A PHYSICAL LIMITATION. THEY CAN SIT AND HIGH FIVE PEOPLE.

DEBRIEF

EXPLAIN TO EVERYONE THAT IT IS IMPORTANT TO PUSH YOURSELF TO DO MORE THAN EXPECTED. DON'T SET THE BAR LOW. WORK AS A TEAM TO PUSH YOURSELF TO DOING SOMETHING THAT APPEARS IMPOSSIBLE. YOU CAN ALSO COMMENT ON HOW RECEIVING A HIGH 5, A THANK YOU OR A COMPLIMENT FOR YOUR WORK MOTIVATES PEOPLE. WE ARE QUICK TO CRITICIZE BUT SLOW TO REWARD.

IT'S OK TO PLAY NOTES

MY FAVORITE UTENSIL

COLLECT YOUR A BUNCH OF COOKING/KITCHEN UTENSILS

ASK EACH MEMBER TO PICK A UTENSIL AND EXPLAIN WHY IT BEST REPRESENTS WHO THEY ARE AND WHAT THEY BRING TO THE TEAM. TALK TO FOOD SERVICE OR VISIT THE DOLLAR STORE.

EXPLAIN THAT A MEAL CAN'T BE CREATED WITH ONLY ONE UTENSIL. YOU NEED TO UNDERSTAND HOW EVERY UTENSIL WORKS BEST AND HOW THEY CAN BE USED TO CREATE A GREAT MEAL/DREAM

HOW HIGH CAN YOU GO?

GET BUILDING BLOCKS, LEGO BRICKS, ASSORTED OBJECTS OR SOMETHING CAN BE STACKED HIGH. BREAK EVERYONE INTO FOUR TEAMS. LET THEM KNOW THEY HAVE 2, 3, 4, OR 5 MINUTES TO BUILD THE TALLEST TOWER/STRUCTURE POSSIBLE. GIVE THEM A COUNT DOWN AND LET THEM WORK AS A TEAM. NATURALLY THEY'RE GOING TO TRY TO BEAT THE OTHER TEAMS. THE GOAL WAS JUST TO BUILD A TALL TOWER AND NOT BEAT THE OTHER TEAMS.

BONUS - TO BE MORE CREATIVE YOU CAN ALSO USE THE LEGO BRICKS TO HAVE THE TEAMS BUILD SOMETHING TOGETHER. GIVE THE TEAMS A SET AMOUNT OF TIME (I LIKE 2 MINUTES) TO BUILD A HOUSE. YOU CAN GET CREATIVE AND YELL OUT ANYTHING. EXAMPLES: CAMPFIRE WITH SMORES, EVERYONE BUILDS A CAR, EVERYONE BUILD A ROCKET, EVERYONE BUILDS A CUP, EVERYONE BUILDS A CELL PHONE. IT'S FUN TO WATCH CREATIVITY AND WATCH PEOPLE WORK TOGETHER.

WHEN THE EXERCISE IS OVER, ASK PEOPLE WHAT THEY LEARNED ABOUT THEIR TEAM MEMBERS. DISCUSS ROLES PEOPLE TOOK. IN THE END, EXPLAIN THAT THE ORGANIZATION CAN GO AS HIGH AS THE TEAM AGREES TO WORK TOGETHER. LET THEM KNOW IT WASN'T ABOUT HOW HIGH THE OTHER TEAMS WENT, IT WAS ABOUT HOW HIGH THEIR TEAM WENT.

IT'S OK TO PLAY NOTES

GREEN (INDIVIDUAL OR SMALL GROUP ACTIVITY)

ON A PHONE OR PIECE OF PAPER ASK EVERYONE TO WRITE OR TYPE ANY FOOD OR BEVERAGE THEY CAN THINK OF THAT IS THE COLOR OF GREEN. HAVE A STOPWATCH OR TIMER. GIVE EVERYONE 1 MINUTE TO COME UP WITH AS MANY ITEMS AS THEY CAN.

ONCE COMPLETE, FIND OUT WHO HAS THE MOST ITEMS. HAVE THEM READ THE ITEMS OUT LOUD. YOU CAN GIVE THEM A PRIZE.

DURING THE DEBRIEF ASK PARTICIPANTS WHAT THEY FOUND DIFFICULT. ASK THEM IF THEY LIMITED THEMSELVES MENTALLY. THE OBJECTIVE OF THE ACTIVITY IS TO OPEN THEIR MINDS AND NOT LIMIT THEMSELVES MENTALLY. MENTAL BARRIERS BECOME PHYSICAL BARRIERS

THOSE ARE A FEW QUICK IDEAS. IF YOU NEED MORE, LET ME KNOW.

A FUN BONUS IDEA IS TO HAVE PEOPLE DRAW A STICK FIGURE ON A PIECE OF PAPER. USE A MARKER. WITH A PEN, ASK THEM TO DRAW 3 THINGS THEY ARE REALLY GOOD AT. WITH A PENCIL DRAW THREE THINGS THEY WOULD LIKE TO IMPROVE ABOUT THEMSELVES. HAVE THEM SHARE WITH THE GROUP. PEOPLE ARE VISUAL LEARNERS. THE PEN REPRESENTS THE THINGS WE'RE GOOD AT, IT'S HARD TO ERASE. THE PENCIL REPRESENTS OPPORTUNITIES TO GROW. ONCE WE IMPROVE, WE CAN RETRACE IT WITH A PEN OR ERASE IT AND DRAW IT IN PEN.

LEARNING LESSON DON'T THINK NEGATIVELY ABOUT YOURSELF. WE HAVE THINGS WE'RE GOOD AT AND OPPORTUNITIES TO LEARN AND GROW. BY SHARING WITH THE GROUP PEOPLE WILL LEARN PEOPLE'S STRENGTHS AND OPPORTUNITIES TO HELP EACH OTHER GROW, THUS CREATING A STRONGER TEAM.

PLEASE CONTACT ME TO LEARN HOW I CAN PARTNER WITH YOU AND YOUR ORGANIZATION TO MAKE YOUR NEXT CONFERENCE, CONVENTION, RETREAT, ORIENTATION, FUNDRAISER, OR TRAINING EVENT A FRESH EXPERIENCE FOR ALL.

FRESH@FRANKKITCHEN.COM

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"44 ACTIVITIES TO CRAFT A F.R.E.S.H. MINDSET"

1.

WRITE DOWN OR TYPE UP A LIST OF ALL OF THE DREAMS YOU HUNGER TO LIVE!

2.

PUT YOUR LIST OF DREAMS SOMEWHERE VISIBLE WHERE YOU AND OTHERS CAN SEE IT REGULARLY.

3.

SHARE YOUR LIST OF DREAMS WITH SOMEONE YOU TRUST AND WILL CHALLENGE YOU TO LIVE THEM.

4.

HELP SOMEONE LIVE THEIR BIG DREAM.

5.

DONATE YOUR TIME, TALENT, TEAM OR TREASURES TO A CHARITY OR NON-PROFIT.

6.

TRY SOMETHING YOU'VE NEVER DONE BEFORE, SOMETHING THAT SCARES YOU.

"WHEN YOU LIVE FRESH, YOU ARE COMMITTING YOUR TIME, TALENTS, TEAM AND TREASURES TO LIVE THE DREAMS YOU HUNGER FOR WHILE HELPING OTHERS LIVE THEIRS."

7.

WRITE DOWN OR TYPE UP A LIST OF ALL THE ACCOMPLISHMENTS YOU ARE PROUD OF.

8.

PUT YOUR ACCOMPLISHMENTS LIST SOMEWHERE VISIBLE WHERE YOU AND OTHERS CAN SEE IT REGULARLY. ESPECIALLY DURING DIFFICULT TIMES.

9.

MAKE ONLY POSITIVE SOCIAL MEDIA POSTS FOR 30 STRAIGHT DAYS!

10.

TRAVEL 1 HOUR AWAY FROM YOUR HOME THIS MONTH.

11.

VISIT A MUSEUM, ZOO, AQUARIUM, STATE PARK OR NATIONAL PARK.

12.

SAY “HELLO” OR WAVE EVERY TIME YOU SEE ONE OF YOUR NEIGHBORS OR COLLEAGUES.

13.

SAY “I LOVE YOU” OFTEN TO THE PEOPLE YOU LOVE.



14.

FOCUS MORE ON OFFERING SOLUTIONS THAN POINTING OUT PROBLEMS.

#ILIVEFRESH

**15.
MAKE SOMEONE SMILE BY DOING
SOMETHING NICE OUT OF THE
KINDNESS OF YOUR HEART.**

**16.
LAUGH OUT
LOUD IN
PUBLIC.**

**17.
COMPLIMENT
MORE.
COMPLAIN
LESS!**

**18.
GO FOR A
WALK OR
HIKE.**

**19.
PLAY A
BOARD GAME
WITH FAMILY
OR FRIENDS.**

**20.
MENTOR /
COACH
SOMEONE.**

**21.
TAKE A 24
HOUR SOCIAL
MEDIA / EMAIL
VACATION.**

**22.
DON'T JUDGE PEOPLE, MAKE
TIME TO UNDERSTAND THEM
BY DISCOVERING WHAT YOU
HAVE IN COMMON.**

***"ARE YOU WILLING AND ABLE TO
BREAK THROUGH YOUR
MENTAL BARRIERS TO
PRODUCE THE TASTY RESULTS
YOU DESIRE?"***

23.

**AVOID TECHNOLOGY FOR THE
FIRST 30 MINUTES OF YOUR
DAY.**

24.

**EXERCISE 5 DAYS
A WEEK OR A
TOTAL OF 2.5
HOURS A WEEK.**

25.

**DRINK 8
GLASSES OF
WATER
DAILY.**

26.

**SAY "THANK
YOU" AND
"PLEASE"
OFTEN.**

27.

**WATCH A
DOCUMENTARY ON
ONE OF THE
DREAMS YOU
HUNGER TO LIVE.**

28.

**READ 12 BOOKS OR
ARTICLES THIS YEAR
RELATED TO A
DREAM YOU HUNGER
TO LIVE.**

29.

**DO
SOMETHING /
BE SILLY IN
PUBLIC.**

30.

**CALL ONE OF YOUR MENTORS
AND LET THEM KNOW HOW
THEY IMPACTED YOUR LIFE.**

***"YOU ARE A DIFFERENCE MAKER AND
LIFE CHANGER! THE THOUGHTS,
WORDS, AND ACTIONS YOU CHOOSE
WILL DETERMINE IF YOU ARE
REMEMBERED FOR BEING A POSITIVE
ONE OR NEGATIVE ONE!"***

**31.
CONTACT AND INTERVIEW
SOMEONE YOU ADMIRE/ WANT TO
LEARN FROM, BUT HAVE NEVER MET.**

**32.
WRITE THANK
YOU CARDS NOT
TEXT MESSAGES /
EMAILS.**

**33.
ASK LOTS OF
QUESTIONS
(ALWAYS SEEK
KNOWLEDGE).**

**34.
BE MENTALLY
AND PHYSICALLY
"PRESENT" WHEN
YOU ARE WITH
OTHERS!**

**35.
BE INCLUSIVE
OF PEOPLE...
NO MATTER
THEIR
DIFFERENCES.**

**36.
INVEST YOUR
TIME, DON'T
SPEND IT.**

**37.
STOP TRYING TO
BE PERFECT.
WORK TO BE THE
BEST VERSION OF
YOU POSSIBLE.**

**38.
DON'T BE AFRAID TO SHARE
YOUR FAILURES AND WHAT
YOU LEARNED FROM THEM.**

"A F.R.E.S.H. MINDSET IS NEEDED TO TRANSFORM YOUR DREAMS INTO REALITY. WHEN YOU LIVE FOCUSED, RESOURCEFUL, ENTHUSIASTIC, STRONG AND HONEST; ANYTHING IS POSSIBLE!"

39.

STUDY YOUR FAMILY HISTORY AND TRADITIONS. THEN TEACH THEM TO OTHERS.

40.

SURROUND YOURSELF WITH PEOPLE WHO ARE PURSUING THEIR DREAMS

41.

FOCUS ON WHAT YOU HAVE VERSUS WHAT YOU DON'T.

42.

INVEST TIME WITH PEOPLE WHO ARE LIVING THEIR DREAMS AND HELPING OTHERS DO THE SAME.

43.

HAVE AN ACCOUNTABILITY PARTNER.

44.

SAY THE WORD FRESH OUT LOUD FOR AS LONG AS YOU CAN. FREESSSSSHHHHH!!



"PLEASE INCORPORATE THESE 44 ACTIVITIES INTO YOUR LIFE TO COOK UP THE POSITIVE RESULTS OTHERS ONLY TALK ABOUT AND MANY WILL ATTEMPT TO REPLICATE."

CHAPTER 34

"THE TRICK OR TREAT THEORY" THE 4RS TO A SWEET ORGANIZATION



“Trick or Treat?” This is the question children ask countless homeowners nationwide on Halloween. Their question is answered when they receive a “fun-sized” treat. Many are ecstatic to receive a sugar filled confection that causes nightmares for dentists. Others say, “what is fun about this?” They’ve put in an enormous amount of time planning for Halloween. Children pick the best costume. They have to map out all of the good houses, they have to recruit friends and family to participate, and they have to obtain the perfect device to transport their haul of treats. All this work seems under appreciated when a 1 by 1 inch piece of candy is dropped into a king size pillowcase. The homeowner has failed to reward the children for the time and effort that they committed to impressing them. The child has been tricked: the *amazing* house on the corner did not deliver on the expectations it created.

A multitude of businesses are treating their employees just like the children mentioned. They forget that their success is based on time and effort of its employees. There is an old saying that says “*the business of business is people.*” If a business truly wants to be successful, it needs to concentrate on the people that it employs. They must exceed their expectations. A satisfied group of employees leads to a successful business. To have the business of your dreams you must ask yourself this question: “am I a trick or a treat?”

"Putting too much emphasis on the bottom line is a mistake. Research indicates that good boss-employee relationships, opportunity and friends all rank higher than money on the list of what is important to employees in the workplace."

Tony Hsieh, CEO of Zappos

Here are four simple steps to increase the odds of creating the business of your dreams. I would like to introduce you to the 4 Rs.

1. Recruit.

You must attract the right people to support your cause or business. Just like Halloween, you must be creative in the way you attract people to you. Research what others are doing, and do something to make you stand out from the crowd.

2. Recognize.

Once you attract people to you, you must recognize what you have when you answer the door. Do you have pirates, clowns and super heroes? You may even notice the occasional teenager or parent! Every person you hire brings both known and unknown talents to the table. The key is to recognize the skills that they possess and how to use those skills to grow your business.

3. Retain.

When you move the letters around in the word *retain* you get the phrase *train e*. A big factor in retaining employees is proper training. When children arrive to your door for Halloween, you do two things: you organize them to receive candy one at a time, and you teach them how to ask the question, "Trick or Treat?" Constant training, organization, and

clear communication will foster an environment where people feel valued and have an opportunity to advance.

4. Reward.

For employees, a paycheck is expected. When you do the unexpected, you create loyalty. People will spread the word about you. Be the house that gives out the unexpected for Halloween. This will create a buzz in the neighborhood. A full-size candy bar, a toy, crazy decorations, or an out of this world experience are the ultimate recruiting tool. There are many ways to reward your employees. The first three R's will help you learn if your employees are internally or externally motivated. Once you learn what motivates them, do the unexpected. If you want the more out of your employees, you must give more too. Make your business a treat to work for, and not a trick.

"You can write the greatest speech in the world, but it doesn't matter how good it is if you can't deliver it!" - Frank Kitchen

Glossophobia is the fear of public speaking. Many people fear speaking in public more than spiders, snakes, falling out of a plane, clowns and dying! Pretty amazing. Speaking in public can be an amazing experience when you overcome your fear.

You have probably heard that fear is...FALSE EVIDENCE APPEARING REAL. Let me tell you right now, I have never been bitten by a spider or snake while speaking, fallen out of a plane, or had a plane fall on me while speaking. As of writing this book, I haven't died while giving a speech either.

I believe giving a great speech, presentation or communicating in public is all about creating your ideal environment. An environment where you and your audience feel comfortable. Here are a few strategies to make your next speech a positive experience.

Take a Field Trip

Learn as much as you can about the location of the speech. Try to visit ahead of time to see how things will be set-up. Ask for details of the location including attendance, type of sound system, and seating arrangements. Ask for practice time. You gain confidence by being comfortable. When you're not comfortable or familiar with the environment, you'll lose your confidence.

Create Your Environment

Show up to your speaking location ahead of time to get comfortable with the space. Set up the location to make you feel comfortable. I recommend you arrive 1 hour before you speak.

Follow Your Routine

Create a pre speech routine. Meditate, pray, listen to music, use the bathroom, etc. You want to create a comfort zone for yourself to be the best you can possibly be on stage.



Frank Kitchen's Public Speaking Success Strategies



Eat Smart and Drink Smart

Make smart decisions on what you eat and drink before you speak. I recommend eating nothing heavy 1 hour before you speak. A full stomach makes it difficult to breathe. Your voice is your tool. Drink room temperature water or something warm before you speak. Cold drinks or carbonated beverages have negative effects on your ability to speak. Hard candy or throat lozenges are your friends.

You are a Super Hero

Every Super Hero has their special uniform. Wear what makes you feel great about yourself. Look good feel good. Be confident and own the room.

Smile

Smiling will put you and your audience at ease. Before you speak, think of something enjoyable...your friends, your family, your pet, or something that puts a smile on your face.

Chin Up and Mouth Open

You are difficult to hear when you don't open your mouth and you project your voice towards the floor. When using a microphone, learn how to use it properly.

Share Your Passion

Only speak about subjects or themes you are passionate about. People get nervous when they have to speak about something they don't know about or aren't comfortable with. When you know the subject or the story, all will be good.

Share Your Story

Don't overthink things. People psych themselves out. You're telling a story and sharing information with people. You are having a conversation with the audience. Talk with them, not at them. Don't make it a lecture.



Frank Kitchen's Public Speaking Success Strategies



Use Your Words - Only use words that you are comfortable with. Don't **TRY** to sound intelligent by using words that aren't in your normal vocabulary. You'll only stumble over them and get nervous.

Be Yourself – Audiences connect with people who are genuine. If you like to walk around, use slides, and interact with people...do it. Do what makes you feel comfortable. When you are comfortable the audience is comfortable.

Be a Speaker not a Reader - If you have to read your speech, type everything in a large font so you can read the words. I like to color code the lines so I can find my spot when I look up at the audience. Remember the only person who will see your speech is you.

Have Fun! - When you're not enjoying your time on stage then your audience won't enjoy themselves either. Embrace the moment, have a good time and share your story. Share your knowledge. Share your dream.

Looking to improve your public speaking skills? Are you an aspiring professional speaker? Please join my Facebook Group "Spice Up your Speaking" as I share strategies and techniques that took my from shy and nervous to comfortable, confident and highly requested.

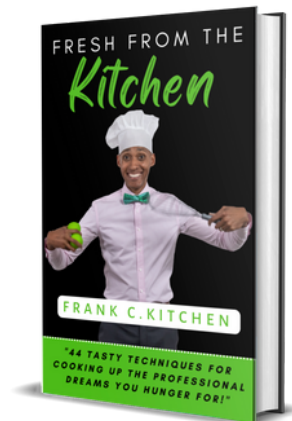
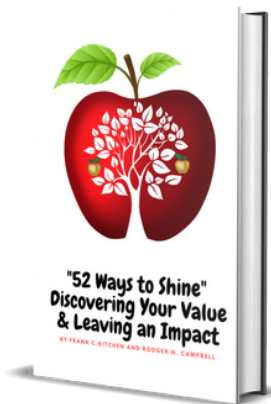
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ADDITIONAL RESOURCES

"52 Ways to Shine. Discovering Your Value and Leaving an Impact"

Apples are dynamic individuals whom others seek to be around because of their character and accomplishments. Apples not only increase their value through achievement but also by motivating and inspiring others to achieve as well. Apples put forth the proper attitude and effort to achieve their purpose. Apples are highly motivated for Success. They Shine and They Shine Bright! In this book, Frank Kitchen and Rodger Campbell will challenge you and your team to discover your value while leaving a positive impactful legacy for all who come in contact with you.



"Fresh from the Kitchen": 44 Tasty Techniques for Cooking Up the Professional Dreams You Hunger For!

Are you ready to cook up the tasty results everyone talks about and attempts to emulate? In "Fresh from the Kitchen" Frank Kitchen will challenge you transform the career aspirations you only talk about into mouthwatering delights that will inspire you and others in your community, organization or workplace to Live F.R.E.S.H.! In this book, he shares 44 techniques you can use to cook up your professional aspirations while improving your productivity and profits. The same techniques he used to go from "Fired on Father's Day," to being recognized by the National Speakers Association (2022) as one of the top Professional Speakers on the Planet.





ADDITIONAL RESOURCES

(Please click images learn more about the programs.)

In this interactive self-guided program, Frank Kitchen, will teach you the strategies and techniques he and his coaching clients have utilized to break through mental barriers to excel as Public Speakers for in-person and virtual events.



Are you ready to stop speaking for free and get paid to share your Dream, Passion or Purpose with Audiences around the world Virtually and In-Person?

In this self-guided program, I will demonstrate the techniques I used to go from Fired on Father's Day in 2015 to being distinguished by the National Speakers Association as one of the top Professional Speakers in the world. (2022)



***"I Work with Organizations who want to
Create a Workplace Culture their
People Hunger For!"***

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