



A Mindful Psychology Playshop InSpired Focus for the Game of Life!

Gary Schapper

OUR “FUN-GENDA”

INTRODUCTION:

- Purpose and agreements...to gain insights and practice life-enhancing skills
- **PLAY:** Who we are (mapping, mingling, and body tricks)

BE in your **body** (and stay in it)

- Scarf juggling
- An evolving brain and the tri-brain meditation
- Two minutes of “just being” (**MEDITATION**)

SAY what your **feelings** are (and center in them)

- **PLAY:** A mindless amoeba (and **REFLECTION**)
- Mingling discussion about feelings...(and **GROUP DISCUSSION**)
 - Four basic feelings?
 - Which are positive and which are negative?
 - Which are opposites?
 - When you talk with yourself....
- **PLAY:** A mindful amoeba (**MEDITATION** and **REFLECTION**)

(BREAK)

SEE your “**game plans**” (planning what’s important)

- **PLAY:** Mingling discussion of “game plans” (and **GROUP DISCUSSION**)
 - What are key elements in any game?
 - What does it mean to “visualize game-plans”?
- **MEDITATION** and **PLAY:** Raging river crossing (and **REFLECTION**)

DO life (juggling and focusing in the game of life...and doing what’s important!)

- **PLAY:** Balloon football; quarterback or lineman? Knowing your role and how to focus (and **REFLECTION**)
- **GROUP DISCUSSION:** Juggling all the time...juggling skills, juggling stories and games in life
- **MEDITATION:** A six-minute “life game plan” (and **REFLECTION**)

CONCLUSION: Our “**wrap up**”...who we are now...will we meet again?

- **GROUP DISCUSSION:** Feedback and contact slips...
 - **ONLY ONE slip** in box (green good, yellow so-so, red bad!)
 - Contact form separate, or to ID feedback, attach to feedback slip
- **PLAY if time:** Knots and Giants, Elves, and Wizards; (brief reflection)
- **PLAY:** Group hug (optional of course!)



Outline with Estimated Times (2-hour Playshop; EXPANDED with detail BELOW)

:30 Sign-in INTRODUCTION: :0 running time at beginning of segment, :15 this segment)

- Purpose and agreements...to gain insights and practice life-enhancing skills
- **PLAY:** Who we are (mapping, mingling, and body tricks, scarf juggling)

BE in your body :15 running time at beginning of segment, :9 this segment)

- An evolving brain and the tri-brain meditation
- Two minutes of “just being” (**MEDITATION**)

SAY what your feelings are:24 running time at beginning of segment (:32 this segment)

- **PLAY:** A mindless amoeba (and **REFLECTION**)
- Mingling discussion about feelings.....(and **GROUP DISCUSSION**)
 - Four basic feelings?
 - Which are positive and which are negative?
 - Which are opposites?
 - When you talk with yourself....
- **PLAY:** A mindful amoeba (**MEDITATION** and **REFLECTION**)

(BREAK) ~:5

SEE your “game plans” (story) 1:01 hours-minutes running time at beginning of segment (:21 this segment)

- **PLAY:** Mingling discussion of “game plans” (and **GROUP DISCUSSION**)
 - What are key elements in any game?
 - What does it mean to “visualize game-plans”?
- **MEDITATION** and **PLAY:** Raging river crossing (and **REFLECTION**)

DO life (juggling and focusing in the game of life*) 1:26 hours:minutes running time at beginning of segment (:24 this segment)

- **PLAY:** You too can tutu...scarf juggling made simple (and **REFLECTION**)
- **PLAY:** Balloon football; quarterback or lineman? Knowing your role and how to focus (and **REFLECTION**)
- **GROUP DISCUSSION:** Juggling all the time...juggling skills, juggling stories and games in life
- **MEDITATION:** A six-minute “life game plan” (and **REFLECTION**)

CONCLUSION: Our “wrap up”...who we are now...will we meet again?

1:50... :10 left...

- **GROUP DISCUSSION:** Feedback and contact slips...
 - **ONLY ONE slip** in box (green good, yellow so-so, red bad!)
 - Contact form separate, or to ID feedback, attach to feedback slip
- **PLAY if time:** (brief group discussion of the game’s meaning after each)
 - Knots
 - Giants, Elves, and Wizards;
- Group hug (optional of course!) **Time for post-event mingling?**

Preparation for Basic Playshop

KEY: Script, guidance note, potential insertion, delete? Deletions
Pending purchases, assemblies, creations

MATERIALS

- Paper, crayons, markers, pens on rollable on cart (w sandtray stuff?)
- A simple mingling game for during check in?
- Sandtray/Mini-sandtrays (braising pans) and figurines
- Juggling scarfs
- Balloons
- Bubbles
- Slo-mo timer (metronome)
- Bodhi timer
- Four 2' x 4' location-signs for amoeba game:
 1. New or better job
 2. New or better relationship (friend or significant other)
 3. Party and/or vacation
 4. Hobby and/or sport
- 6 Rope belts for non-touching amoeba members (need 2 for any circle where someone does not want to touch shoulders)
 - Belt is rope with clamp to tighten and secure
 - Each belt has two 2 ½ ft. attached ropes with rope climber's hook
 - Four signs for amoeba game:
 - New or better job
 - New or better relationship (friend or significant other)
 - Party and/or vacation
 - Hobby and/or sport
- Raging river items & prep before playshop (for up to 3 teams)
 - All my frisbees as "rocks"
 - 4 storage containers as boulders
 - 3 sets of 2-lids, taped, with rope handle(s)
 - 3 pipes for up to 3 sets of chairs, pipe taped to chairs
 - 3 x 3" x 8' plastic pipes as branches
 - 3 x 2" x 4" x 8' for planks
- Cc of books (Mindsight, Road Less..., Inner Game..., play books, etc.)
- Buckets or storage containers if no chairs available
- Signs for NY, LA, Europe, Moscow, Tokyo (put on cones ahead of time?)
- 2 cc o' guide (one for me and one for assistant)
- 20 x 6 pp One-time packet pass out...extras on entry table
- Agenda and handout packet attached to clipboard in this order, top to bottom:
 - Agenda cover (printed and placed
 - Medical Waiver and Confidentiality Agreement
 - 4 skills handout (stapled)

- Feedback slips or forms and a (decorated?) box for
 - Contact / Sign up forms
- Blank sheets of paper
- Name badges and blanks
- Printing

Script for Basic Playshop

(Leader & assistant copies)

KEY: guidance note, script, potential insertion, time marks (first for whole section and then by sections, indented), delete? Deletion

Sign in and space preparation

- Prepare room or space (if outdoors) with...
 - Prepare clipboards, if still need to (see prep sheet above)
 - Place large circle of chairs (overturned buckets?) in room or outdoor space
 - Set aside or put out snacks and drinks (if any); covered for beginning?
 - Set up registration table with clipboards
 - Cones with world map locations in room for “Mapping” game
 - Four 2' x 4' location-signs for amoeba game set up in space corners
 - Materials for “Raging river” game interspersed in sides/ends of room/space
 - Blow up balloons and disperse in space
 - Place bubble-making devices at registration table

(:15 to :30 minutes ahead of start time)...

- Check-off pre-registered and/or paid; complete name badge
- Give clipboard and invite to mingle, blow bubbles, etc.
- (there might be a mingling game to give them)
- **ASSISTANT DURING PLAYSHOP:** help with time-tracking, miscellaneous

INTRODUCTION

: :0 running time at beginning of segment, :15 this segment)

- **:5 Purpose** and agreements...to gain insights and practice life-enhancing skills
 - Purpose of playshop (first page of packet, “Fun-genda”):
 - discover insights from the play for your lives (“sportaphors”) and
 - practice life enhancing skills; how to better “be, say, see, and do”
 - **But first...**
 - Agreements: (with handout) **COLLECT pact and waiver**
 - confidentiality pact (**discuss** and verbal sounding / show of hands?)
 - medical waiver
 - Fun, safe, fair
 - Activities explained...always feel free to question or drop out
- **:10 PLAY: Who we are** (mapping, mingling, and body tricks)

:3 Mapping (300 seconds / 4 = ~ **75 seconds ea on avg; shorten if can**)

Describe “map” in room (with cones) for places in world

- Where were you born? Go there...share with those around you

- What is the furthest you've ever been from here on earth?
- What is a most favorite or unusual places?

- **:3 Mingling (~30 seconds ea on avg)**

Demonstrate and describe how we will randomly wander room with fingers wiggling near mouth and saying “mingle, mingle” and assembling in small group when number of people is called out

- 2's: What was the worst movie you ever saw?
- 3's: Ketchup, mustard or both...anything unique you usually put on some of certain things you eat?
- 4's: Can you yodel? Do it!
- 2's: What is one of the most dangerous things you ever did?
- 3's: Which way should you roll the toilet paper and why?
- 4's: Inny-outy? Which do you have?

- **:4 Body tricks);**

2 equal lines facing each other...

300 seconds / 7 = ~43 seconds each (shorten if can)

Can you...

- Roll your eyes?
- Cross your eyes?
- Wiggle your ears?
- Curl your tongue into a “U”?
- Curl your tongue at the tip back toward your lips?

- Show some way you're "double-jointed"?
- Anything else?

BE in your body

:15 running time at beginning of segment, **:9** this segment)

And now that we "know who we are" and what our bodies can do (at least a little bit) let's talk about what it means to "be" and to "be in our bodies"

- **:5** An evolving brain and the tri-brain meditation

How many have a meditation or mindfulness practice?

- **:5 PLAY:** You too can tutu...scarf juggling made simple (and REFLECTION)

Lightweight pieces of cloth...start with one, progress to three with exchanges with partners

(use as lead in to tri-brain layering)

Calling attention to second sheet "Four Skills..." handout, "BE" ...

A "tri-brain" can be an adjunct to an existing meditation process

Here are some neuro-biological basics going on...the brain and mindfulness and our agenda with it in the playshop (highlight and point to sheet info)

- **:4** Two minutes of "just being" (MEDITATION)

A body scan is often longer

(highlight yellow-boxed description on handout; give guidance)

We'll use again but first, some more play

SAY what your feelings are

:29 running time at beginning of segment (:32 this segment)

- **:8 PLAY: A mindless amoeba (and REFLECTION)**

We are going to evolve (devolve?) into amoebas! Mingle, mingle...5's!

:2 Game description:

- Nucleus and four parts of cell (see illustration below)
- I need 5 people willing to have shoulder touched by each other
- Set up and describe how amoeba moves ...without breaking contact with shoulders (offer: rope harness)
- Be careful and considerate of each person's physical strength...SAFETY FIRST!

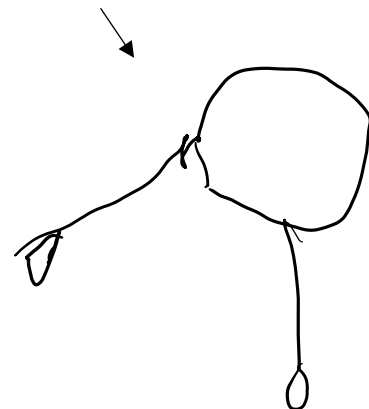
ILLUSTRATION:

Nucleus is center person

Each person in outer parts of amoeba puts right hand on left shoulder of person to right and left hand on shoulder of nucleus (center person)



Optional rope system
for those not wanting
direct touch



- There are four places your amoeba is going to have to decide to head for (point to places in room as name them):
 1. New or better job
 2. New or better relationship (friend or significant other)
 3. Party and/or vacation
 4. Hobby and/or sport
- **:3 NO TALKING**... each of you decide where you want to go BUT you can't break up...afterall you're an amoeba...

...and go!

Play game for :3, ring bell, and then...

:3 Reflection:

Take one minute to silently ponder what the game reminds you of in your life and, and when the first bell rings, take one minute to jot down and/or draw what comes up on the back of the "BE" page on your handout (point to...). At third bell you have the option to share with someone else

• **:13 Mingling discussion about feelings...(and GROUP DISCUSSION)**

...and lead-in to "Mindful Amoeba"

- **:2 Mingle, mingle...**
 - **2's:** Four basic feelings? **:1 minute**
 - **3's:** Which are positive and which are negative? **:30 seconds**
 - **4's:** Which are opposites? **:1 minute**
 - **2's:** When you talk with yourself.... **:30 seconds**

:10 Group reflection (discussion)

Highlight 3rd and 4th page of handout, “SAY” as discuss...

- Four basic feelings?
- Which are positive and which are negative?
- Which are opposites?
- When you talk with yourself....

After group discussion...

:1 Instructions:

- We're about to play a second round of “Amoeba” and...
- after the play we'll reflect on it like we did the first time, BUT this time you'll record what you notice on the “Feeling-story Worksheet” (**calling attention to the worksheet**)
- I will guide you through the meditative reflection after the game

So...Mingle, mingle, mingle! 5's!

- **:11 PLAY:** A mindful amoeba (MEDITATION and REFLECTION) reflection **...and mixing of seating**

:2 game instructions given after 5's are formed...

- Same deal: nucleus with four members only now quickly decide who on the perimeter is each feeling.
- Each decide where you want to go and you get to debate with each other given your role (nucleus or feeling-story)
- **Ready... (DING!) GO!**

:5 for game

STOP! Go to your seats

- Get in a good meditative sitting posture...
- At the first bell you will silently reflect on what...
 - the game reminds you of in your life AND...
 - any feeling-stories you notice
- At the second bell you'll privately write on the **“Feeling-Story Worksheet”** **(point to)** what you noticed, placing the less intense feeling-stories towards the center in the feeling realm you imagine it in (more intense ones near rim or outside it)...
- At the third bell you can keep writing and/or share with someone nearby
- **READY... DING**

:3 for reflection...some soft reminders of each minute's purpose

:1 Afer 3 minute of reflections MIX SEATING:

Grab clipboard, mingle, and when I ring the bell find a different seat next to someone new

(BREAK) ~:5 (if group needs)

**Set up “raging river”
(if not set up already)**

See ILLUSTRATION Below

SEE your “game plans” (story)

1:06 hours-minutes running time at beginning of segment (:21 this segment)

- **:6 PLAY:** Mingling discussion of “game plans” (and GROUP DISCUSSION)

OK...mingle, mingle, mingle...

- **:1 3's:** What are key elements in any game?
- **:1 2's:** What does it mean to “visualize game-plans”?

:4 Group discussion... Highlight SEE sheet

- **:2** What are key elements in any game? Rules, roles, and goals summary
- **:2** What is involved in “visualizing game-plans”?

- **:15 MEDITATION and PLAY: Raging river crossing (and REFLECTION)**

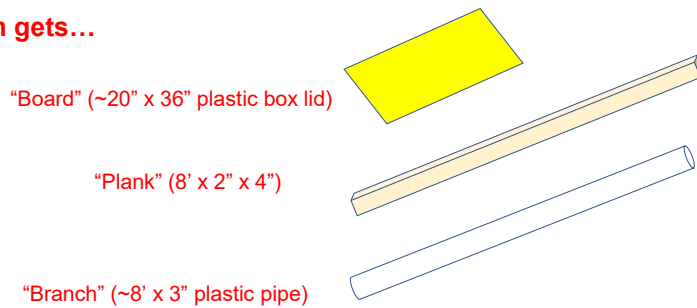
:3 Game described (divide into up to 3 teams of 8 or more if can; ILLUSTRATION below):

We'll have ___ team(s)...mingle and ___ #'s

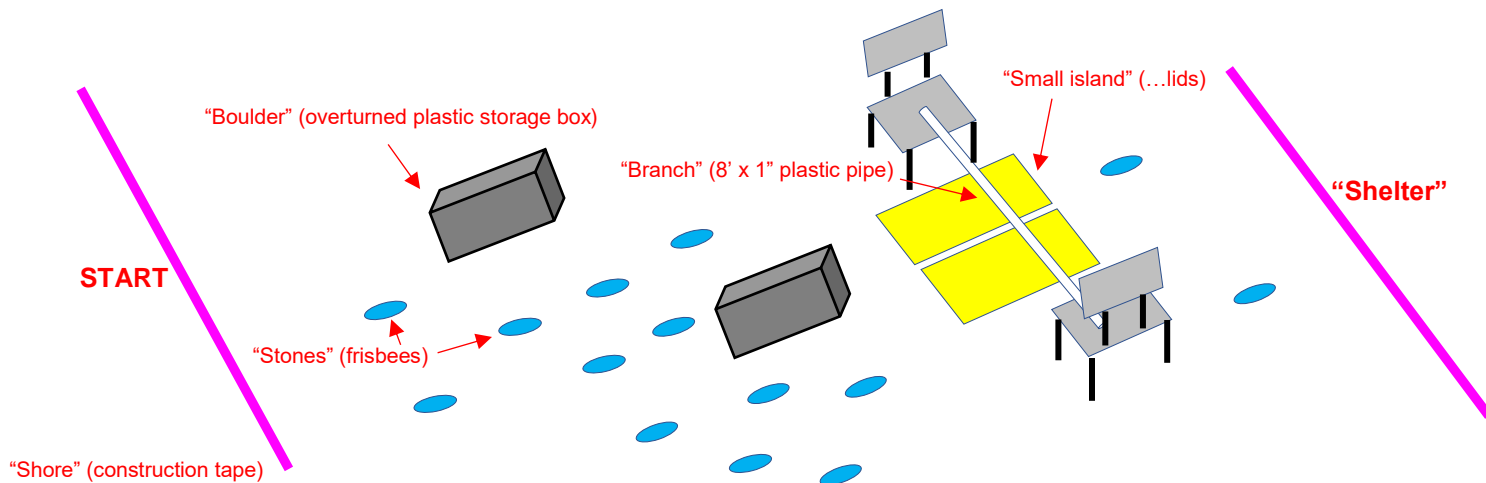
Here's the scene for each team.

You are on a group hike together. A huge storm is mounting at your back and bearing down quickly. You're tired and the evening is fast approaching. You see a rocky overhang and cave across the raging river you've come upon. You find a plank, a board, and a branch and decide you're going to try to cross the stream with those items help. You can see small rocks and boulders on the way to small islet with branches. Your goal is to safely get everyone across.

Each team gets...



COURSE (might have duplicate course adjoining):



When I ding the bell each of you will have two minutes to privately meditate about your plan-proposals for the team...what rules, roles, and goals you'll propose given the make-up of your team.

You'll then have two minutes to plan together your course of action. Any questions?

Of course, safety is of paramount concern and we'll all assess your ability to do the course as is or alter it.

Ready...GO!

(teams in succession, or if adequate course, side by side)

:2 Private and :2 team planning

:5 Game

:3 Private and/or shared reflection (as before)

Take one minute to silently ponder what the game reminds you of in your life and, and when the first bell rings, take one minute to jot down and/or draw what comes up on the back of the **"Feeling-Story Worksheet"** (or **another blank page**) on your handout (point to...). At third bell you have the option to share with someone else

DO life (juggling and focusing in the game of life*)

1:31 hours:minutes running time at beginning of segment (:16 this segment)

Reminder about juggling (do again?)

- **:7 PLAY:** Balloon football; quarterback or lineman?
Knowing your role and how to focus (and REFLECTION)

Explain and engage metronome for gentle slow-motion version of a game with a balloon; 1-2 minute reflection

- **:5 GROUP DISCUSSION:** Juggling all the time...juggling skills, juggling stories and games in life

“DO” sheet discussion

- **:7 MEDITATION:** A six-minute “life game plan” (and REFLECTION)

If you like, use the worksheet you started on your feeling stories, to expand reflections (or the back of any sheet).

- **:2 Private share (1 minute each)**
- **:5 Group sharing of experience**

CONCLUSION:

Our “wrap up”...who we are now...will we meet again?

1:50 running time at beginning of segment (:10 left for this segment?)

- **:5 Feedback** and contact slips **COLLECT!**
 - ...
 - **ONLY ONE slip** in box (green good, yellow so-so, red bad!)
 - Contact form separate, or to ID feedback, attach to feedback slip
- **If time (brief group discussion of the game's meaning after each)**
- **:5 Knots** A game where a circle of people holding hands, drop hands, extend each hand to a different person not next to them, and then collectively unravel knot (without breaking hand-contacts) into a circle holding hands (not all have to be facing inwards)

What's it say about plans, communications, and competition?

- **:5 Giants, Elves, and Wizards...a game where...**
 - Two lines of tape at each end of space define safe zones
 - Two teams form lines facing each other in center of play area (between two lines defining safe zones)
 - Three creatures are described (giants, elves, wizards); in the game...
 - Giants crush elves
 - Wizards zap giants with spells
 - Elves deflect Wizard-spells with their big ears
 - Each team privately decides which character they are all going to be (with a second go-to character decided also)
 - The two teams line up back to back
 - Upon "go" they turn around to face each other and perform their character (if both the same then second go-to character is used)
 - The "dominant" team chases the other team back to their safety zone and any tagged members join the chasing team for another round

What's it say about life?

:5 Group hug (optional) Circle, holding hands, break hands at one point in circle, lead a spiraling along inside of perimeter into the center for group hug, and then center ducks under hands to lead a reverse circling back out.
Time for post-event mingling?