

ACTIVITY: That's Entertainment

Purpose

- The purpose of this activity is to:
 - Recommend books, podcasts, movie, or television shows to colleagues as an opportunity to unwind
 - Learn about what colleagues do for leisure and why they enjoy it

ESTIMATED TIME

20 minutes

MATERIALS

Required:

- A. Recommendation from each attendee

Optional:

- A. Poster board

Background

- Dr. Glasser, the creator of a behavioral theory called Choice Theory, suggests that people make decisions that support their five basic needs. These needs are survival, love/belonging, power, freedom, and fun. Fun is both a basic human need and also a way to practice self-care.
- People choose different ways to unwind, and many enjoy podcasts, books, television and movies. This activity gives participants the ability to share what they are interested in with a group (which builds relationships) and also to learn what others are doing for fun.

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Activity

This activity can be done in two ways. Option 1 may be used if the participants have a space and time to meet. Option 2 can be used for groups who don't meet formally or only meet for short periods of time.

Option 1:

- Encourage participants to identify a podcast, book, television show or movie that they would recommend to their colleagues.
- Ask participants to find an image of their recommendation (the size should be about the size of a playing card) and bring it to the designated meeting.
- At the meeting, ask participants to share their recommendation along with three reasons they would recommend their choice.

Option 2:

- Encourage participants to identify a podcast, book, television show or movie that they would recommend to their colleagues.
- Ask participants to find an image of their recommendation (the size should be about the size of a playing card) along with three reasons they would recommend their choice and send it digitally to the Resiliency Champion.
- Resiliency Champion then makes a poster to hand in a shared space of the recommendations. This allows the group to see and read all of the recommendations.

Discussion Questions/ Key Points

- How can you tell when you have not been making enough time for fun in your life?
- What are others ways that you unwind or relax when you need it?

Let's Try This!

Keep the recommendations in a visible place so that the team can see them. Decide where they will be placed so that others can benefit from the recommendations.

Follow-up

Check back to see if people in the group took any of the recommendations and what they thought. Encourage the team to remember that fun is a basic human need, and that allowing it into our lives is healthy and helpful.

William Glasser Institute:

<https://wglasser.com/our-approach/choice-theory/>

Eight Ways to Have More Fun:

<https://www.psychologytoday.com/blog/here-there-and-everywhere/201403/8-ways-make-your-life-more-fun>



My recommendation is the movie The Princess Bride.

- *Told as story being read from a Grandfather to his son*
- *This movie has laughs, excitement, and heart*
- *You can watch it with kids*