



## Attitude Name-Tag Activity

**GOAL:** Become aware of current attitude and the power of choosing an attitude.

**TIME:** Variable, depending on how you use it.

**PROPS:** Name tags (You can download FISH! name tags at: [www.fishphilosophy.com/nametags](http://www.fishphilosophy.com/nametags))

One way to help participants become aware of their attitude is with “attitude name tags.”

Either at the beginning or at some point where you want to refocus energy, give each participant a blank name tag. Ask them to identify the attitude they have at that moment and write it on the tag. (Doing this at the beginning of the event is best. As people are learning the practices, they notice how aware they are becoming about the choice they’ve made about how they show up.)

Encourage honesty. If they’re grouchy, great! It’s an opportunity to get conscious about what attitude they are in and to claim it. Have a few participants share. Try to find a couple of attitudes that are very different.

Have everyone wear their name tag. Explain, “We’ll be using these name tags later in the day.”

Here are a few ways to follow up:

### **Attitude Check In:**

After at least 20 to 30 minutes, ask everyone to check and see if the attitude they had when they put on the tag is still the one they want. If they’ve chosen something new, cross off the old and write down the new one, but remind them that they need to actually demonstrate that attitude, not just write it.

### **Perspective:**

When you want different perspectives on an issue, have participants respond from the attitude on their name tags.

- Direct a question to someone and ask them to respond from the perspective of their attitude. “What would ‘Curious’ have to say about this explanation of Be There?”
- If you feel like the group might not be buying into a concept, you might ask what a participant with a particular attitude (such as Task-Oriented) thinks.

It helps keep the discussions real and applicable to the participants in the room.

### **Fun with Attitudes:**

Often you can lighten the mood by calling on someone by their attitude. For example, one time there was a participant who wrote “All Business” on his attitude tag. When he was funny, or having a good time, the facilitator asked, “So, All Business, is this still ‘all business’ or has your attitude changed?” The group had a nice laugh. For him, the fun was a part of “business” so the group had a discussion about how you could be playful and still be serious about business.

### **Choose Your Attitude Add-On:**

You can kick off the Choose Your Attitude portion of the workshop by asking participants what their name tags say, and ask if anything has changed. (Often participants will take a new tag and change the attitude on it in the middle of your event!)

You might also lead a discussion about whether people were more conscious of their attitudes because of the name tags.

Choose Your Attitude is about being conscious of your choices, especially in attitudes. Often, we are unaware of our attitudes and impact. You might even suggest doing this at work and inviting others to let you know if you are actually living the attitude you’ve chosen.

