

3C

FOUR WAYS OF RESPONDING TO SOMEONE'S GOOD NEWS

Sometimes we respond without thinking to someone else's good news not realising the effect it has on ourselves and the other person.

This game gives us the opportunity to experience the result of each response.

In groups of 5 (or 4 role can be left out if only 4 people in a group) share out each role (on 5 pieces of paper).

Role 1 starts and everyone else follows.

Then pass your role to the person on your left in your group, that way everyone has a new role and the new Role 1 starts of..

Keep passing the roles at the end of each round until everyone has had a go at each role.

ROLE 1: Sharing some exciting news or undertaking that means a lot to them (this can be made up- you can act the part) e.g. 'yesterday I....'

ROLE 2: Responds with lack of enthusiasm e.g. depressed tone of voice etc.

ROLE 3: Starts talking about themselves not responding to the other person's sharing

ROLE 4: Starts advising the person against what they want to do

ROLE 5: Gets interested, starts asking questions, wants to know more and be happy for the person.

SUGGESTIONS HOW TO RESPOND WITH ENCOURAGEMENT

- For one day try to respond with encouragement whenever somebody tells you something they are excited about
- Take an interest in somebody and ask them what they love doing, listen attentively by nodding, smiling and showing them you are interested

How do you think we can be more encouraging towards one another