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*Member Resource*

<b>Title:</b>	Winning in a Jam
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<b>Type of Activity or Resource:</b>	Mini-lecture/discussion
<b>Objective:</b>	To teach the participants that winners in life are people who have skills to make themselves as comfortable as possible on a moment by moment basis
<b>Recommended Age Group:</b>	7-adult
<b>Materials Needed:</b>	Flipchart or chalkboard
<b>Time:</b>	40 minutes
<b>Additional Notes:</b>	

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## Strategy 1 Winning in a Jam

### Objective(s):

To teach the participants that winners in life are people who have skills to make themselves as comfortable as possible on a moment by moment basis.

### Age:

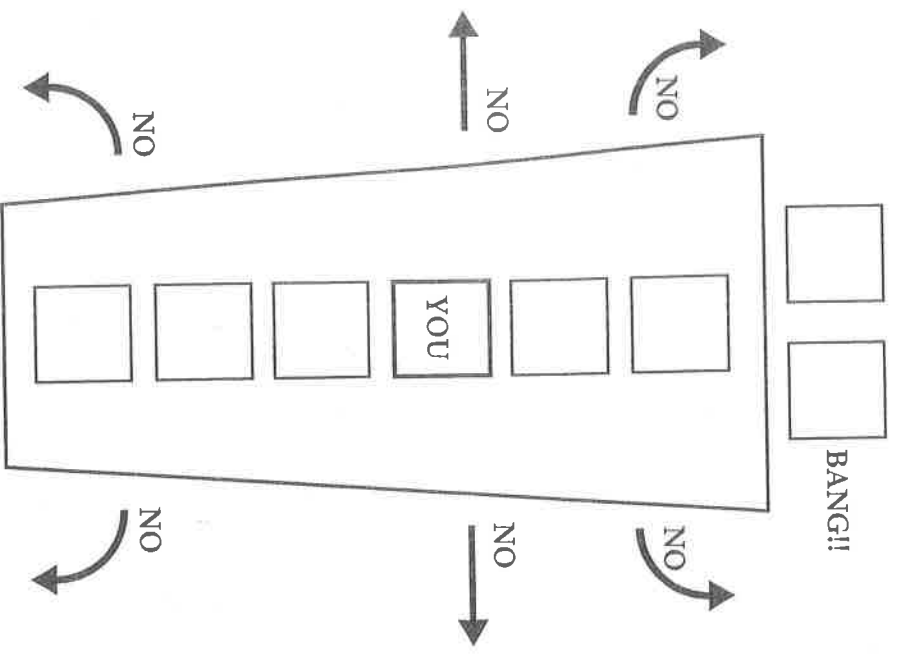
Seven to adult

### Procedure:

Mini-lecture/discussion

### Mini-lecture

1. On a flipchart or a chalkboard, draw the following picture.



2. Explain to the participants that this is a traffic jam, and then create the following scenario for them.

*Suppose you are on your way to school (or work) and you come upon a terrible accident up the road. Now imagine that it will take at least 45 minutes to an hour to clean up the accident. Let's also suppose that you have already been late to school (or work) twice this week and that the principal (or your boss) has been on your case. You know you'll really catch it if you are late again. This could really be a stressful situation, right? Suppose also that there is no way to go around the accident to your left or your right and there's no way to make a U-turn and go back. If there is no way to get around it, then you are what? (Wait for an answer. Inevitably, someone will say "stuck." Write "stuck" on the board in big letters.)*

*Okay, so clearly you are stuck. You don't like being stuck, you don't want to be stuck. Do you have any control over how long it will take to clean up the accident? (Someone will answer "no.") Do you have any control over the fact that you can't turn around or get out of the situation? (Again, a "no".) What is the only thing you have control over in this situation? (Younger kids will offer some wild answers. Accept their answers without judgment or comment until someone says that you only have control over yourself.)*

*Okay, so if you only have control over yourself, let's suppose that you can deal with the time that you are stuck in either a winning way or a losing way. (Distribute Handout 1.A entitled "A Winning Action Is..." [page 17] and discuss it with the participants. After the definitions have been presented very clearly, next to the traffic jam picture make two columns—one entitled "winning" and one entitled "losing." The discussion then continues.)*

*Now let's return to the traffic jam. If you know you will be stuck in the traffic jam for an hour, what would be some of the losing ways of dealing with being stuck for that hour? (Allow the participants to raise their hands and offer ideas. After each idea ask the respondent why that item would be a losing way. Some examples of losing ways might be as follows:*

**LOSING**—kicking the tires, honking the horn for a long time, cussing people out, and so forth.

Then ask for winning ways. Some examples of winning ways might be as follows:

**WINNING**—get out of the car and do stretches, read the newspaper or a book if you have them, take deep breaths to calm yourself, meditate, sleep, be creative and write a poem, song, or rap, and so forth.

When the brainstorming is finished, conclude the lecture by saying, *Every minute of every day each one of us is stuck somewhere, right? Sometimes you like being where you are and sometimes you don't. But every minute in a winning way or in a losing way. Sometimes we're stuck in bad family situations, sometimes we feel stuck in school, and some of you may feel stuck right here. You always have the choice to make yourself as comfortable as you can or to make things worse than they are. If you choose losing ways over and over again, you become what? And if you choose winning ways over and over again, you become what? The great thing about life is that you have the choice to turn it around at any time. If you've been choosing losing ways, you can begin to be a winner right now.*

### **A Minute**

I've only a minute—60 seconds in it.

Can't abuse it, or I lose it,

Yet it's up to me to use it.

I must suffer if I lose it

Give account if I abuse it.

I've only a minute—

Just a tiny little minute

Yet eternity is in it.

*Author Unknown*

### Handout 1.A

### **A Winning Action Is...**

#### **any action whereby**

1. I make myself as comfortable as I can in a situation that I don't like.

OR

2. I do something to take good care of myself.

OR

3. I do something to help someone.

#### **A Losing Action Is...**

#### **any action whereby**

1. I make an unpleasant situation worse than it already is.

OR

2. I do not take good care of myself.

OR

3. I do something to intentionally hurt someone else.