

## 1»EXPLORE

### THEME

Leading Self

### SUB THEMES

Developing Self

### Overview

In this activity Participants explore decision-making through reading poems, answering questions on decision-making and playing a game related to decision-making.

Decision-making is a key part of effective leadership. 'Hunches' are instincts or intuitive responses that happen in a blink of time. A 'hunch' comes from experience, thinking and reflection.

## Thinking while Blinking

### Knowledge and skills

Decision-making, responsibility, goal-setting.

### Resources

- Poems and readings about decision-making. Suggested poems include:
  - » Hunches in Bunches – by Dr. Seuss (Seuss, Dr. (1982). *Hunches in Bunches*. New York, NY: Random House, Inc.)
  - » Oh the Places You'll Go – by Dr. Seuss (Seuss, Dr. (1990). *Oh, the Places You'll Go!* New York, NY: Random House, Inc.)
- Leader Journal template

## Step 1

The Facilitator reads poems to the group or provides copies for the group to read.

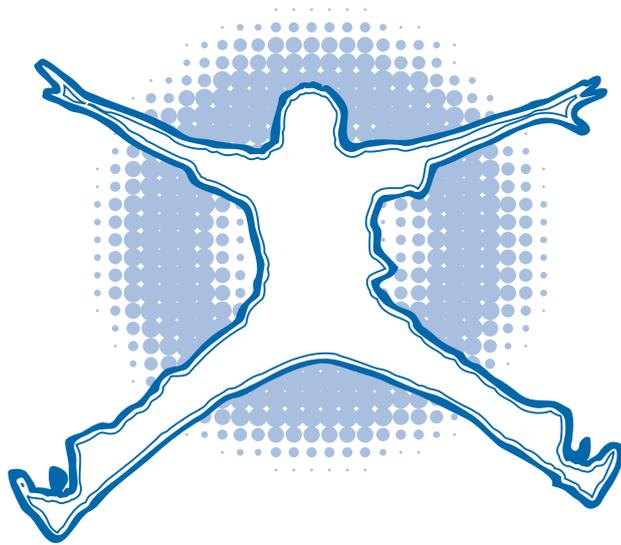
## Step 2

The Facilitator asks about the messages contained within the poems.

## Step 3

Participants answer the questions on the Leader Journal template to explore decision-making related to sport and life. The questions might be:

- Answered by individuals only
- Answered by individuals then shared with a partner
- Shared answers discussed in small groups
- A Facilitator-led discussion by the whole group.



## Step 4

Play the game called I Can Do That!

## I Can Do That!

Facilitators make 30 small cards, each with a physical activity on it that a team can do together. For example, 10 star jumps, five leapfrogs, stand on one foot for 20 seconds, throw six balls into a bucket, shoot five hoops, bounce a ball between your legs.

Each card is allocated a number of stars from 1 to 5 according to the level of difficulty of the activity (one star = easy, five stars = most difficult).

### INSTRUCTIONS

- In teams of three – each member of the team turns over a different-coloured card.
- The team then decides if they can complete the task on the card.
- Participants who wish to complete the task call out, "I can do that!".
- The whole team then does the activity that is described.
- Once the activity has been completed by all members, the team has to add up the number of stars on the card. This is how many points they get for each round.
- The team with the highest number of stars at the end of the game wins.

### EQUIPMENT

Set of cards

Equipment required for activities on the cards



NAME \_\_\_\_\_

## Thinking while Blinking



The following questions relate to poems about decision-making.

1. When you are playing sport, do you ever get a hunch that you should run with the ball or pass, or should hit the ball hard or soft? Consider a sport you have played and how you make your decisions when playing that sport.

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2. We make many decisions. Do you listen and act on your hunches or do you ignore your hunches?

Think about the activities you do in your spare time. Do you have a hunch about other activities you would like to do but are not yet involved in?

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3. If you could do anything right now, what would it be? How will you start this?

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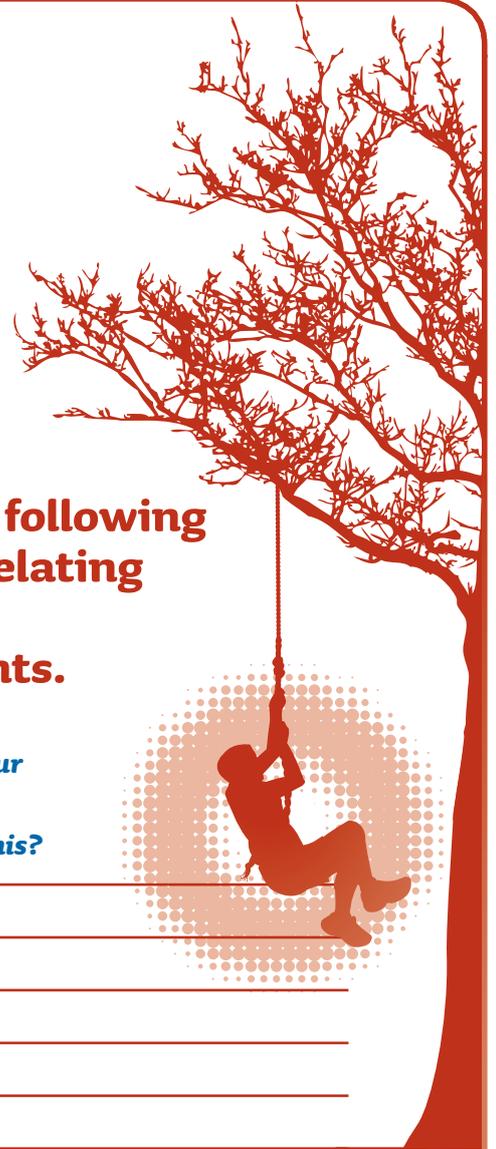
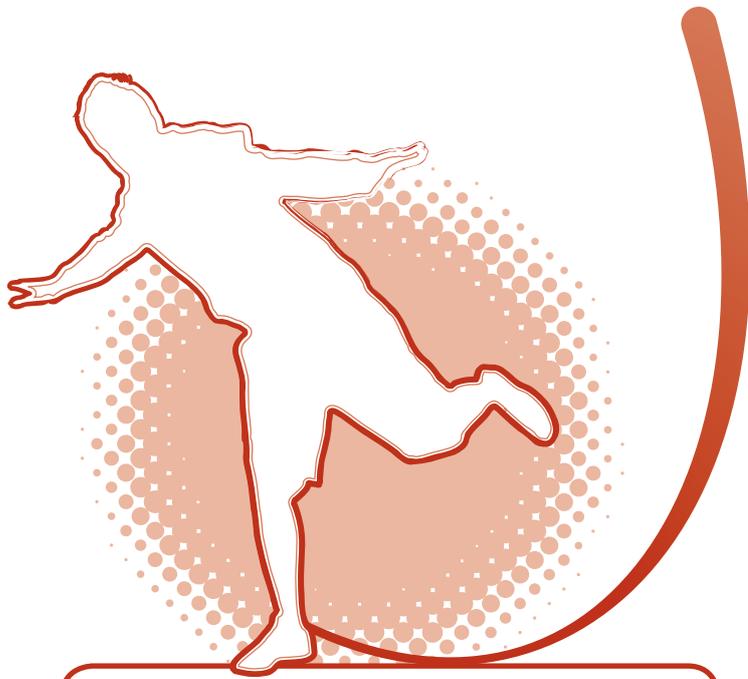
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**Answer the following questions relating to different environments.**

**Of all the activities you like to play, can you think of one that makes you feel happy?**

**Draw that activity.**

**1. Do you follow your own hunches?**

**How do you do this?**

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**2. Do you know what a wrong hunch is?**

**What is your clue to a wrong hunch?**

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**3. How do you think while you blink?**

**In other words, how do you make a careful decision quickly?**

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**4. How do you know when a hunch you have is right?**

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**5. How do you feel when you make a decision that is the right one?**

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**6. What are some things that could put you off a task or steer you down a different track?**

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**7. Who do you listen to when making up your mind to do something?**

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**8. Do you trust in your own hunches?**

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**9. Do you let your friends make up your mind for you?**

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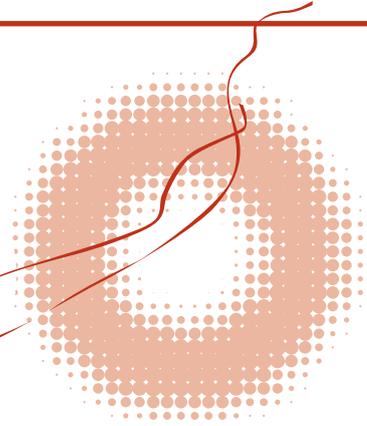
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## Leader decision-making – please answer the questions.

1. Are you able to say “No” when friends ask you to do something or go somewhere that sounds really exciting when you have other important things to do instead? How hard is it to say “No”?

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2. Do you feel you are going around in circles trying to decide what to do? How do you stop going around in circles?

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3. Does your mind get mixed up when deciding what you should be doing?

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4. When you make up your mind to do something, do you stick to it?

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