

One Hat At A Time Cards



Any significant achievement involves a huge amount of effort, right? Breaking a bad habit, fixing a bad relationship, completing a complex project --they all take a long time and require hard work, correct?

The surprising truth is that a playful approach gets almost any task accomplished both faster and better. What's needed is not more drudgery, but more creativity -- not more discipline, but more flexibility -- not more plodding, but more dancing.

But where to find the creativity, gain the flexibility, and learn to dance?

That's where One Hat At A Time momentum cards come in. Anyone can use this deck in a variety of ways to stop procrastinating and get moving, to stop feeling bogged down and start feeling energized.

Intellectual knowledge of how to change and progress is not enough. Practical suggestions for new ways to look at things and simple actions that will get the ball rolling are much more effective. And that's exactly what this deck of hats provides.

Pick a card, any card, and you're on your way to moving forward with all the energy you've wanted. You'll soon discover that One Hat At A Time is a powerful means to blasting through obstacles and opening up opportunities in your life.

Deck contains an 8-page guidebook and 32 hat cards, complete with the picture of the hat and processing questions to ask for each one.

Here is a testimonial from one of our customers:

"I have taken back many ideas to use after participating in Michelle's presentations on how to use processing tools. I have had powerful experiences with groups using the

Inside Outside Cards and the One Hat at a Time cards as well as using many others. Michelle has and continues to develop tools that promote dialog, enhance connections and complement topics such as, social awareness, social justice and diversity. Thank you for your creativity and dedication."

~Angel Ekstrom, Plymouth University

[Order cards here.](#)

Non-Prop Activity

Title: As If...

Type of Initiative: Icebreaker

Source: Related to us by Chris Cavert who learned it from "Steve the Aussie" at the 2006 National Challenge Course Practitioner Symposium

Props Needed: None

Group Size: 2-100

Directions: Divide your group into pairs. Begin this activity by letting participants know that you will give them a relationship role to play for the upcoming interaction. Have the pairs stand about 15 feet apart from one another. Have them determine which partner will be the 'greeter' and which partner will play out the 'role'. Each interaction is approximately 20-30 seconds in duration. Then announce the first interaction.

Ask your group to greet another person in the room **AS IF** you are:

- Long lost friends

Let this interaction go on for 20-30 seconds. Afterwards, briefly process what happened in this interaction, what some of the feelings were, and the general mood of the interaction. Then proceed with another role. Here are some examples of other role's you could use:

- college roommates
- someone you have had a conflict with at work (school, camp, in the neighborhood, etc)
- The President of the United States
- someone you are intimidated by
- a famous musician
- they do not speak English (or the dominant language of the group)

You can come up with as many different AS IF's as you wish. This is a great follow up activity to the Handshakes activity.

When introducing this exercise tell the group that there may be periods of uncomfortable interaction or there may be periods of joy, anger or frustration. You will find that the way people greet one another is open to an incredible amount of interpretation. For example just about everyone greets their high school friend with a hug or a handshake and it typically involves some shouting and lots of "how are you's". However, a greeting between college roommates can vary greatly. Some people have no interest in seeing their college roommates again but some folks are as close today as they were while living in dorm 25 years ago. By the time we see folks introducing themselves to the President we observe many different approaches...some are thrilled, others are rude, some pretend to be violent. My response is "really?" That is REALLY how you would greet the President? My comments following this activity are always the same and they typically go something like this: "Would you agree that everyone we greeted today is human? Is it safe to say that all humans deserve the same respect in terms of being polite to one another? We don't have to agree with what the President does or even like our college roommate but these examples are just two examples of how our attitude and belief systems affect our ability to be respectful of one another. Does that make sense?"

Debriefing topics: What did you notice? Who was uncomfortable with some of the early "as if's"?
What about the later introductions?

- How were your interactions different with each scenario?
- What did you notice about non-verbal body language with the different roles?
- How did your attitude change during the exercise?
- Who was uncomfortable with some of the early 'as ifs'? What about the later introductions?
- Would you agree that everyone we 'greeted' today is human? Is it safe to say that all humans deserve the same respect in terms of being polite to one another?

*This activity will be featured in Michelle's new book, *Setting the Conflict Compass; a Facilitator's Guide to Activities for Conflict Resolution and Prevention*. co-authored with Mike Anderson.