

Wear Your Attitude

Activities to Build Trust

ICEBREAKERS AND TEAM BUILDERS TO BUILD COMMUNITY

OBJECTIVES

- To bring awareness to the ways our moods affect our behaviors
- To highlight the ways others react to our moods

MATERIALS

- Download **MOOD CARDS** from **BUILDING INTENTIONAL COMMUNITIES.COM** and make three sets.
- Laminating machine and paper
- Single-hole punch
- Yarn or string
- Safety pins
- A basket

SETUP

- Laminate three sets of the **MOOD CARDS**. Cut them out and either punch a hole in them and add a string or fasten safety pins to them. Place them in a basket near the door.

INSTRUCTIONS

1. **Stand** by the door and **instruct** each person who enters the room to **pick the attitude** they would like to display for that day.
2. Once participants have sat down, ask each person to take a moment to **check in about how they are doing** and **which attitude card** they selected.
3. Once they share their mood, ask them to **pin it on their shirts or place it around their necks**.
4. **Explain** to the group that **on this day we are going to be very mindful of other folks and the moods they are in**.
5. **Discuss** how we might treat folks who picked **negative moods** today. **Should**

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Wear Your Attitude continued

we avoid them and leave them to themselves? **Should we give them a pass when we ask them to participate with the group or expect them to try? How should we treat the folks—with more positive or curious mood? Will they receive all the smiles, encouragement, and positive attention?**

6. Let participants know that **if their mood changes** at any time during the day, they should **switch their button** to a different card.

DEBRIEF

- What was it like to name our feelings/attitude?
- What was it like to wear our feelings/attitudes?
- How did reading the attitudes of others impact how you interacted with them?
- Is it possible to change your own attitude?
- Is it possible to change another person's attitude?
- What are some methods you can use to change your own attitude?