

“Back to school”

Last spring I had the chance to visit Mrs. Landis' kindergarten class. If you haven't been there lately do your self a favor and check yourself in! What a great day I had and what a lot I learned about having fun, enjoying what you are doing and getting along with others!!

I have mentioned the statistic that children laugh about 350 times per day (and adults about 12). Well I saw it in action on that Friday morning. To children almost anything is fun or funny. Lint in their pocket, bugs, the map of the United States, singing, dancing, reading,..... How refreshing that was to see....and I imagined many of “adults” were like that when we were littler. But, not we have reality. Things aren't as fun or as funny. We have seen it, done it and we have places to go, people to see work that just has to be done.

Here are some of things that I saw that I thought would work in any work environment!! Show and tell is one of the first fun things that they still do. Samuel showed the class his brand new penny! It was shiny, had two sides, and one side has a head on it,... And then there was AJ. She showed the class her shirt. It wasn't new necessarily it was just something that she had to show. What if we started our days at the office with “Show and Tell”. This might have lots of potential. We could take the first 5 minutes to share some of the exciting things that we are doing either personally (I'm taking voice lessons) or professionally (I am building a new improved widget). Start the day out right....sharing and caring!!

Teaching in the Kindergarten class comes in 6 minute increments. And something even more incredible they use all their senses and tap in to all learning styles. There is dancing, singing, reading aloud, reading silently, playing games, asking questions time, imagination time. What if we shifted our training modules (if we have training at all) to shorter segments that then get applied to real life. What if we better understood how people learn & integrated that into our training? What if we changed our attitudes and thought that learning was fun??

And, of course, one of my favorites... Recess –after working hard for about an hour and a half it is time to get recharged, use energy up, get some fresh air, have a different kind of fun. Oh, and it only lasted about 12 minutes. How many of us take 10 minutes to get refreshed? We think running errands, eating chips, smoking a cigarette are stress reducing and refreshing!! Let's get back to some real “recess”. Take a short walk, just sit and meditate or pray, play with some toys, listen to music....This list is endless.

These were just a few of the lessons learned in the classroom.

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