

PLAY™

BE THERE™

**MAKE THEIR
DAY™**

**CHOOSE YOUR
ATTITUDE™**



FISH ! Philosophy Basics

The FISH! Philosophy
is based on four essential practices:



1.) Be There

Be emotionally present for people. It's a powerful message of respect that strengthens relationships.



- Be fully present
- Listen to understand, not just to reply
- Take action to meet people's needs, based on awareness

For students, Be There can be as simple as listening attentively or as deep as making a genuine emotional connection. Explore their ideas about and experiences with Be There and help them make it an intentional way of being.

2.) Play

Tap into your natural way of being creative and having fun. Play allows curiosity and enthusiasm to flow in childlike wonder without being childish.

- Build trust. Without it, people don't feel safe
- Create a physical and emotional environment conducive to Play
- Encourage freedom to try new approaches
- Be curious; about everything



Play is not separate from the "work" you do in school; it is the way you approach that work. You don't have to have a comedian's sense of humor to be Play-full, just the passion to throw yourself into whatever you are doing and the lightheartedness to enjoy all parts of your day, even the challenges.

The
FISH![™]
Philosophy

3.) Make Their Day



Find special ways to connect with everyone you encounter, for no other reason than to serve them in a meaningful way.



- Be selfless
- Be of service
- Be authentic

Often regarded as the simplest of the practices, Make Their Day can have great impact on students, especially those who perceive themselves as powerless. By intentionally making the day of others often through appreciation or recognition each of us learns that we do have an impact on the world and can make a positive difference if we choose.

4.) Choose Your Attitude

Be responsible for consciously choosing how you want to show up in the world, no matter the situation.



- Be aware of your impact. Is it the one you want?
- Consciously choose your response to what life throws in your path. Live in alignment with who you say you want to be.



Choose Your Attitude is not an order or admonition, but a reminder to yourself, I can and do choose how I show up in the world. Because attitudes are neutral the same attitude may be harmful in one situation but beneficial in another each of us must determine what impact we desire and then ask ourselves if the attitude we are choosing is helping us achieve our goal.



Note: These ideas are the basis of The FISH! Philosophy. You and your students will find your own words to express them and your own way to live them. We refer to these ideas as practices because practice requires action, and like anything else you practice, you can always improve. With experience, your conversations and actions will take on new meanings, especially as your students grow and mature.