

CEX 2020

The Fundamentals of Fun Handout



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“Life is too important to be taken seriously” – Oscar Wilde

Have you ever heard your chapter leaders declare they would never suggest anyone sign up for their job because it's all work and no play? Here are some ideas you can use to put a smile on your leaders' faces and funshine in their outlook.

“Fun may or may not be “funny”, but it should always be enjoyable.” – Peter Houstle

Activities that are more fun to engage in and more fun to plan!

Did you know that there are [8,189 Cool, Hidden, and Unusual Things to Do in the United States?](#)

Give members a chance to connect around non-shop-talk areas driven by personal interest and/or group fun and potentially generate funds for the mission.

How about some Fun Facts!

What helps student recall stats from a lecture? A study in the journal, [College Teaching](#), found students could recall a statistics lecture more easily when the lecturer added jokes about relevant topics.

How do fun experiences promote learning? Increases dopamine, endorphins, oxygen. In her book, [Neurologist](#) Judy Willis showed how fun experiences do this and promote learning.

True or False - employees are more likely to try new things if their work environment is fun. It's TRUE, according to a study for the [Journal of Vocational Behavior](#) by Michael Tews.

These activities may explicitly include educational content (think trivia or Jeopardy) or, as often happens when professionals get together in a “social” setting, may evolve into “shoptalk”. Notably, conducting a traditional educational program in a non-traditional venue can improve the quality and “stickiness” of the education by forcing attendees to consume that content in an unexpected or unusual context. See [The Science of Fun in Learning](#). Examples to consider:

- | | | |
|------------------------------------|---|---|
| - Fitness Fridays | - Murder Mystery | (virtual option - |
| - Topgolf | (guide to virtual | wine ; mixology) |
| - Escape Room | murder mystery | - Bingo |
| (virtual option) | parties) | - Talent Show |
| - Paint Nite | - Trivia (virtual pub- | - Petting Farm |
| - Plant Nite | style trivia) | - Trivia |
| - Scavenger Hunt | - Jeopardy | - Ignite |
| | - Wine | - Sumo Wrestler |
| | Tasting/Mixology | |

Meetings that are more fun to engage in!

Chapter meetings are often the graveyard of volunteer passion and excitement. Changing the venue, format and process can deliver a more enjoyable and effective meeting. All three techniques “jostle” our brains and help us think about the issues and ideas we’re discussing differently. Apply this to your chapter leader meetings too!

Venue: Take it somewhere new

- Art Gallery
- Park Pavilion
- Parking Lot

Format: Get rid of the conference table & shift to physical

- Chairs without a table
- Standing
- Walk and Talk

Process: Liven the work

- Refocus or Toss the Agenda – Take the interesting/important stuff and put it up front. Minimally, use a consent agenda.
- Employ a new brainstorming technique at each meeting like
 - [10 Effective Team Brainstorming Techniques](#)
 - [Creative Whack Pack](#)
 - [14 Free Brainstorming Tools to Facilitate Innovation](#)
 - [Thinkertoys](#)
- Start a meeting with a brief TED Talk about a subject that relates to the mission or a specific discussion topic ... or not! Maybe’s it’s all in fun.
- Have some phun with photos, videos and games, e.g. Word of the day. At the start of each meeting, pick a word of the day such as cucumber. See who can slip the word into

the conversation without others noticing. *“I really think that if we cucumber the system with a little extra investment, everything will work much faster.”* If you catch someone using the word, yell, “word of the day!” (Bonus: It might also keep the team more focused on what is being said.)

My San Francisco Group recently featured a session on 3-D printing (with a live demonstration). A couple of my groups have conducted a Murder Mystery night – complete with costume requirements. One of my favorites was my Houston group hired a mixologist (a bartender, when I held the job) but sent out a list of ingredients beforehand and created custom beverages via Zoom. Many of my groups have cobbled together game nights and trivia nights online. – *Becky, MENSA*

For FUN, we did virtual games in between sessions and gave out prizes. For example, we used GoToWebinar so people had to put their “Bingo” into the chat and after the last session we did Happy Hour trivia all on different types of drinks. – *Jill, SAME*

We did two chapter leader happy hours that included trivia. The trivia was a big hit and attendees felt that they got to know each other because it was a small group. – *Alissa, HIS*

One of CAMFT’s chapters is hosting a meditation exercise for the CAMFT annual conference, that’s a little fun. – *Nabil, CAMFT*

When we held our class orientation a couple of weeks ago, we participated in this really interesting Ice Breaker using a product called **Ice Breaker** (<https://icebreaker.video/>). Clever, huh? The app essentially randomly pairs individuals for a short, face-to-face conversations. – *Ernest, Inns of the Court*



Chapters dipped into their budget to provide funds either for members to be able to keep their association membership (win for us all), or just a flat fund amount (like \$500) to help members who had experienced job loss during the pandemic for example. And one had a box of goodies (facemask, coffee, list of resources for the profession, a note of encouragement) put together by a local charity shipped it to their members just as a nice pick-me-up to spread some joy. – *Shelley Wales, GPA*

A Virtual talent show from one and another chapter's board delivered charcuterie boards to members. – *Cathi NACE*

What fun things have your chapters done?