

Happy Ball



“The positive expands to the extent that it is affirmed and appreciated.”

(Cooperrider & Whitney, 1999)

Positive Growth works to bring Positive Psychology closer the public, dedicating itself to the construction and editing of Positive Learning Resources in order to facilitate the training activities for Well-being, Happiness and the discovery of Meanings for Life and for Work.

Vision

A world in continuous flourishing, composed of happy people, virtuously inspired and committed in building purposeful lives and organizations.

Mission

To value the discovering, promote the dreaming, planning the steps and promote the Flourishing of people and organizations.

Principles of Positive Growth

1. **Positive:** The positive expands to the extent that it is affirmed and appreciated;
2. **Social Constructionism:** Reality is socially constructed by the dialogues established, the language used, the stories told and the questions asked;
3. **Poetic:** The interpretation of the stories depends on what is punctuated and the interpreter's desires;
4. **Simultaneity:** The questioning style influences the sense of change;
5. **Anticipatory:** The direction of change is in line with the anticipated results;
6. **Relational Goods:** They are human experiences where the good is the relationship itself, valuing: identity, reciprocity and gratuity.
7. **Scientific:** Intervene in human systems with the scientific evidence of Positive Psychology.



POSITIVE GROWTH PROJECT

The "**Positive Growth**" was founded with the desire to apply the scientific knowledge, of Positive Psychology, in order to promote well-being, health, harmony and happiness.

This is a broad project, in terms of target audience, contexts and interventions. It includes consulting, training, positive therapy and coaching services and, as a complement of these activities, the development of positive resources and positive products.

The "**Positive Growth**" resources and products are designed with the aim of stimulating the development of positive focus in individuals, groups and organizations, in order to flourish their strengths and empowerment.

The "**Bola Positiva**" was the first positive resource edited by "**Positive Growth**", now translated from Portuguese to English!

I hope you enjoy, have fun and flourish with it!

Paulo Luís



WHAT IS HAPPY BALL?

The **Happy Ball** is an inflatable ball with 30 printed questions, created with the focus on positive, with the intention to stimulate self-knowledge and sharing of positive experiences and emotions. The aim of this kind of questions is to awake the best self inside of each human being.

The Happy Ball was designed, essentially, for group dynamics and could be used in various contexts, like:

- Professional: training, teaching, therapy and organizations;
- Personal/social: family or couple, activities with adolescents, senior groups, social support groups and community activities.

The **Happy Ball** easily adapts to different objectives, and can function as warm up game in group activities. The practical exploration of the **Happy Ball** games will depend on the target audiences and the objectives that are intended to be achieved.

The same ball can be used in different contexts and in different ways, which enhances its use.



HAPPY BALL - WAYS OF USE:

A. GENERAL UTILIZATION OF HAPPY BALL



- Throw the Happy Ball to a person in the group;
- Ask the person, who catches the **Happy Ball**, to answer the question corresponding to the space where his/her right thumb was positioned;
- After have answering, the person who has the Happy Ball in his/her hands throw the ball to another group element.
- The process is repeated until everyone has participated.

Important notes:

- Everyone is free to choose not respond and pass the ball to another person or, choose another question to answer;
- The answers are free and the degree of deepening depends on the will of each one, or the monitor intentions;
- The environment should be supportive, welcoming, flexible, with positive acceptance prevailing over responses in order to avoid inhibitions.

This general use of Happy Ball is very broad and can be played in different target audiences, ages and contexts.

B. OTHER WAYS OF USING HAPPY BALL

In addition to the general use, there are proposed some alternative ways to explore the **Happy Ball** potentialities. Some of these suggestions allow the Happy Ball to be used several times in the



same group, providing different dynamics and interactions to reach new or complementary objectives.

In **Happy Ball** there is a "**Positive Growth**" logo that can work as a joker, which could be associated, from the beginning of the game, with a specific task. For example, the person who was contemplated with the joker on the right thumb can be encouraged to choose a positive attitude/action toward one or all the other people in the group, such as smiling, bowing, hugging or making a public compliment.

1. Equal and different

For each individual answer given to **Happy Ball** questions, we can ask to other group members to raise their hands if it could be a possible answer for them too. For example: "If I could I would go to Australia". Please, raise your hand if you also would go to Australia.



Objectives: Identify common and different points of view in the group. It also could be used as a "warm-up exercise" for groups where people do not know each other, and/or in large groups, where could be difficult for everyone to give an answer for all questions of **Happy Ball**.



2. Appointed to catch the Ball

This game is suitable for a group of people who already know each other.

In circle, the person who has the **Happy Ball** throws it to the air and moves away, saying the name of a another group member, who should catch the Ball.



The nominee, will try to catch the **Happy Ball** before it reach the ground. After catch the Happy Ball, the nominee should answer the question selected by his right thumb. To continue the game, just repeat the previous process.

Objectives: Train the attention, speed of movement and feeling/dealing with the attention focus.

3. Originality above everything

Ask the group to answer, as original, spontaneous and unexpected as possible, to the questions random selected by their right thumb, justifying them. The other people should accept and reinforce positively individual ideas and creativity.



Objectives: Develop creativity, humor and stimulate fun.



4. Elephant Memory

As each group member answers to **Happy Ball** questions, the other members have to pay close attention and memorize the answers already given. Because the next time that the same question arises, the answer must be the same as the one before.



For example, the first person who answers a question says: "a gift that I particularly enjoyed receiving was a pink bicycle when I was 5 years old". Later, when the same question arises, the person who has the **Happy Ball** should remember the answer given before and repeat it.

Variant: create a competition between two teams to see who has the best memory.

Objectives: Raise attention focus, exercise memory, manage stress, increase mistakes acceptance and have fun.



5. Role-Playing

Hypothesis 1 - In a group of people, who know well each other, they should answer as if they were other person, for example: a friend, a colleague, etc, or, as a family member, answering the questions as if they were the father or the mother or a child.



Objectives: realizing in which extent we know each other. It also serves for those who are "in the limelight" to be confronted with the perceptions that others have of him or her, (careful when dealing with negative perceptions).

Hypothesis 2 - Answer as if they were a VIP person, like: a singer, an actor, a politician, an athlete ...

Objectives: develop imagination, expression and decentralization "put yourself in the other's shoes".

Hypothesis 3 - Show "stereotyped" photos, of unknown people, and ask the participants to imagine and justify the style of answers of this people.

Objectives: Develop imagination, awareness of our own stereotypes (it could be the starting point for a later discussion on this subject).



6. Who catches the Happy Ball?

Surely you remember having seen a bride, throwing her bouquet of flowers to a group of anxious young ladies doing their best to catch it. The idea here is to repeat this action replacing the bouquet with the Happy Ball.



Variant: The participants have to catch the **Happy Ball** in pre-defined pairs (4 hands on the ball or 2 hands belonging to a different person). Then, you can choose which one will answer the question selected by the right thumb.

Objective: move the body, compete and collaborate, have fun.

Now, its time to invite you for sharing your experiences with Happy Ball, sending us comments, photos, suggestions or indicating alternative uses for the Happy Ball to the email: paulo.luis@sapo.pt or through facebook page: www.facebook.com/PositiveGrowthPT

I hope that **Happy Ball** will provide you excellent learning activities, spreading happiness in your group interactions and all over the world.



THEORETICAL FOUNDATIONS

The **Happy Ball** was created with the scientific knowledge of Positive Psychology, a psychology branch that deals with the study of optimal functioning and seeks to discover and promote the factors that help the individuals and communities to flourish.



The interactive design of the Happy Ball, exclusively focused on questions, is inspired by the principles of the Appreciative Inquiry (Cooperrider, Wihitney & Stavro, 2003). This approach argues that inquiring through positive questions mobilizes good thought, engages participants and facilitates cooperation and group co-evolution based on the searching for the best self of each person and promote the discovery of their own strengths.



Questions are the main form of communication. Positive questions, bearers of hope and focused on strengths, promote **self transformation** and **positive growth**.

The diversity of questions that each individual has the opportunity to randomly answer (loudly or mentally) allows insight and motivates reflections and awareness of their own **character strengths**. These strengths are both indicators and causes of **healthier development** throughout life (Colby & Damon, 1992; Weissberg & Greenberg, 1997).

Some of the Happy Ball questions are oriented towards reliving and enjoying pleasant past moments, with special meaning for each person's life.

Others questions are focused on the importance of others in our life, arousing feelings of gratitude, which is strongly associated with higher levels of **well-being**, reinforcing the role and significance of interpersonal relationships in social life.

Another group of questions directs us to the future, inquiring about projects, dreams and hopes that make revive our life goals. Snyder (2002) and other researchers, associate high level of hope with a better academic, professional and sports performance, but also, with better physical and mental health and better social skills.



One of Happy Ball main goals is to promote the rise of positive emotions in respondents and, at the same time, in others group elements.

The “broaden and build theory” of positive emotions, described by Barbara Fredrickson (2009), theory repeatedly proven scientifically, tells us that experiencing positive emotions increases creativity and open our mind, allowing the development of personal strengths and virtues like optimism, resilience, meaning of life and self-acceptance. This evidence facilitates personal growth and helps people in dealing with life experiences more positively, even in adverse times.

Another great goal of the Happy Ball, is to stimulate positive relations, through the sharing of learning experiences, use of positive communication and the creation of positive interactions among people.

The playful and relaxed format of the interactions surrounded by positive emotions, creates a favorable climate for the establishment of good interpersonal relationships with people who do not know each other or, the reinforcement and improving of previous relationships with people who already know each other.



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Outros Recursos Disponíveis

Emoções em Jogo (Disponível em Português)

As “**Emoções em Jogo**” são um kit composto por: 2 baralhos com 52 cartas cada, onde cada carta representa uma emoção. O kit inclui um manual que faz o enquadramento científico das emoções e sugere 12 exercícios para as trabalhar.



Objetivo: Promover a literacia emocional.

Bola Positiva (Disponível em Português)



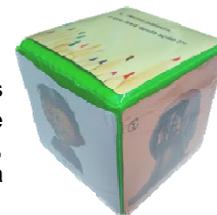
A **Bola Positiva** tem questões positivas impressas na sua superfície, que visam estimular o autoconhecimento, a partilha de experiências ótimas e emoções positivas, despertando o que de melhor existe em cada ser humano.

Objetivo: Promover a expressividade e a partilha do melhor que existem em cada indivíduo.

3

Desafio (Disponível em Português)

O **Desafio**³ é um cubo com bolsas transparentes nas 6 faces onde se podem inserir cartas com imagens, desenhos, frases... para aleatoriamente se solicitar tarefas.



Objetivo: promover a interação e a participação.