THE DECIDER LIFE SKILLS PROPS

During our pilot study, we discussed different learning styles and thought of creative ways to remember the skills. Clients suggested props as a useful strategy, so we worked together to think of the best props to embed each skill.

Visual or spatial learners supposedly retain information best by viewing pictures or images and respond well to colours and shapes.

According to theory, kinaesthetic learners are all about doing things physically. Role playing, using flashcards, or carrying out the action physically can help them learn better.

In demonstrations we reinforce the skill by showing the prop, passing it around the group and repeating e.g., *"you will never see a TIGER again without thinking of OPPOSITE ACTION skill"* and *"you will never see a STOP SIGN again without thinking of STOPP skill"*

All the props required are easy to find or improvise. Ask friends and colleagues, make props, look in charity shops, car boot sales, and online shops and joke sites. If you cannot find a prop (e.g. STOPP sign), then you can print and laminate the A4 printable skill icon pictures from our online resources.

Find a prop to match the icon image for each skill.

Recommended props: 12 Skills

SKILL	PROP
STOPP	STOPP sign
It will Pass	Cardboard tube and small car
Right Now	5 4 3 2 1 sign
Name the Emotion	Hand puppet (e.g. parrot)
Opposite Action	Tiger mask and white gloves
Fact or Opinion	Paper cloud and black cardboard ton weight
SELF Care	Helmet
Values	Compass
Listen	Fake ears
RESPECT	Fancy box with "RESPECT"
Crystal CLEAR	Crystal paper-weight
Reflect	Hand held mirror (and tam o'shanter hat)

In addition, you'll need:

- White board and pens
- Set of "pick a card, any card" – A4 laminated visual for each skill (optional, but great for an embedding game at end of session)
- Music player (choose music appropriate for skill and client group)
- Bottle of orange fizzy pop – replace label with "The FIZZ"