



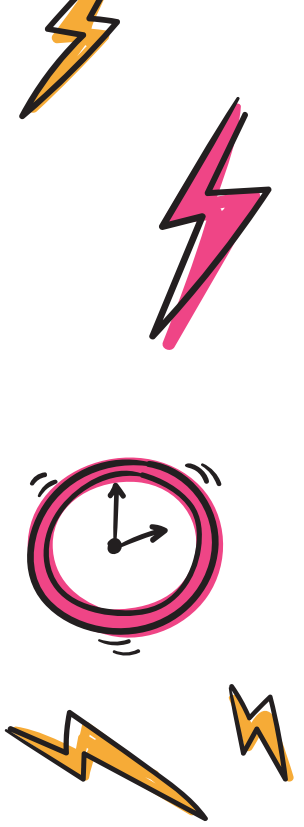
smallTOKs

# Ice Lollies Really Do Matter

We wonder if you agree with Gavin that ice lollies really do matter? We wonder what your favourite is? Of course, while they are utterly delicious, it wasn't really about ice lollies at all, was it? But we'll come to that shortly!

Time for some reflection. These follow-ups are designed to help you reflect on and embody the key learning in our SmallTOKs. You'll find some questions, activities, reflective exercises and some conversation starters to inspire positivity, community spirit and a playful approach to life.

**Let's start with crisps! Well, glimmers to be exact.**



## Reflection

Gav loves a big crisp. Who are we kidding, **EVERYONE** loves a big crisp! These moments are referred to in the psychology world as glimmer moments.

In its simplest form, a glimmer is a lovely wee something that makes you smile, an unexpected moment that gives you a lift, a little victory that can make your day. A hot bath, the sound of the birds, a cup of tea, a particular song, a hug, even the sound of the ice-cream van.

But, glimmers are so much more than that, and to do them justice, they deserve a proper grand introduction.

### Deep breath...

At their best, glimmers are the unexpected bursts of magic that catch us off guard, lifting us from the depths and guiding us towards brilliance. They're the sparks that ignite within us, illuminating paths we never knew existed. In moments of uncertainty, they're tiny beacons of hope, shining through the darkness with a promise of possibility.

Glimmers fuel our creativity, setting ablaze our imaginations with the light of new beginnings. Sometimes fleeting moments, sometimes lifelines, offering joy, comfort, hope, and the courage to


persevere, glimmers are essential for maintaining resilience and mental wellbeing.

But there's more. Beyond their individual impact, glimmers are the threads that weave us together as a community, inspiring kindness, belongingness, compassion, and collective action. In their radiance, we find unity and the power to transform the world.

A bold statement, I know!

But while we go huge with talk of changing the world – based on what you've just read - it may seem strange, we are not talking about great big, life-changing moments. A reminder; glimmers are micro moments of goodness, they're freshly baked bread, a small act of kindness, a cosy blanket, a smile, a thank you, dogs, cats, or even the single guitar chord that rings out from a dimly lit stage.

A glimmer is a wonderful, calming, uplifting, occasionally inspiring, kick up the ass. It's the moment the sun catches your face.

 Over the next 24hrs, keep an eye out for some glimmers notice how they make you feel.



## Activity

Gavin spoke about the All Blacks and their philosophy of Whakapapa; to plant trees you'll never see.

⚡ How do you want to be remembered? What will your legacy be?

## Conversation Starter

The Magic of Simplicity – Think back to a time you enjoyed an ice lolly.

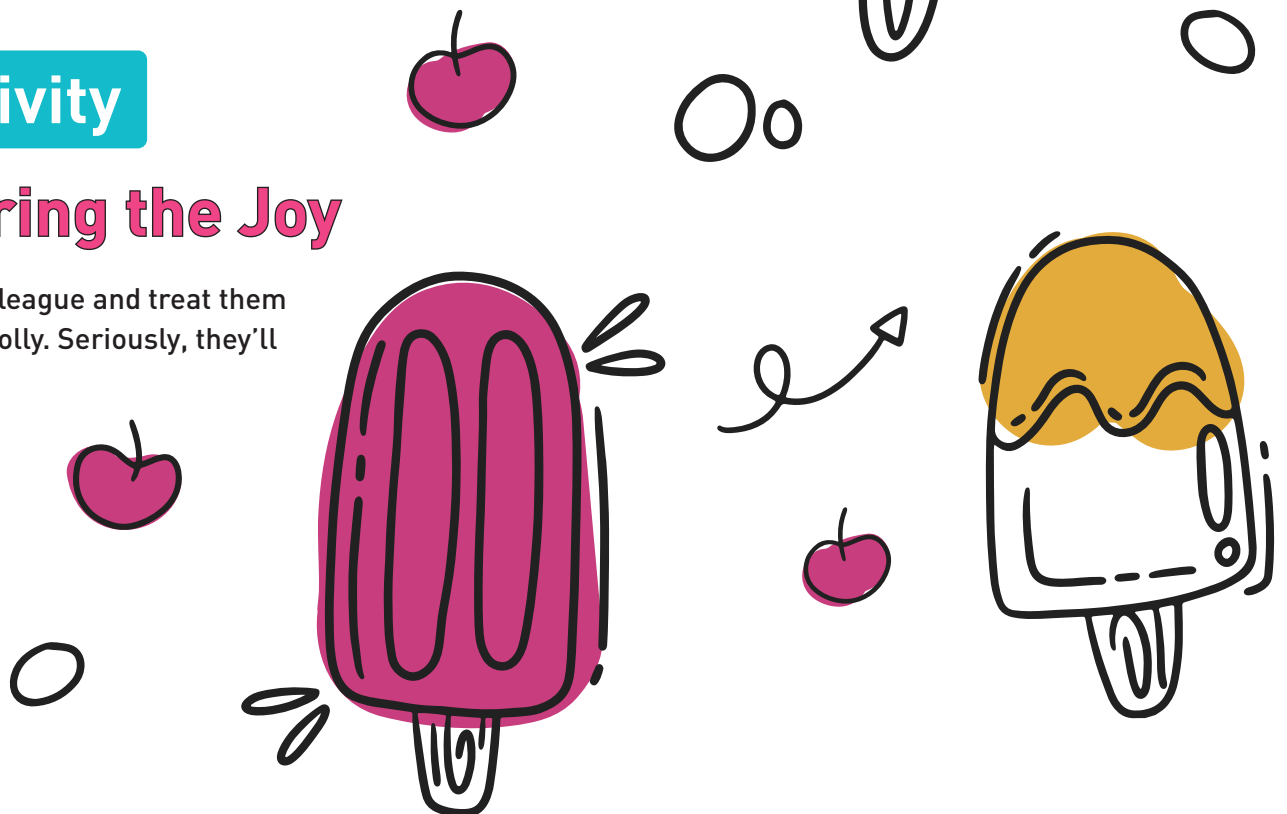
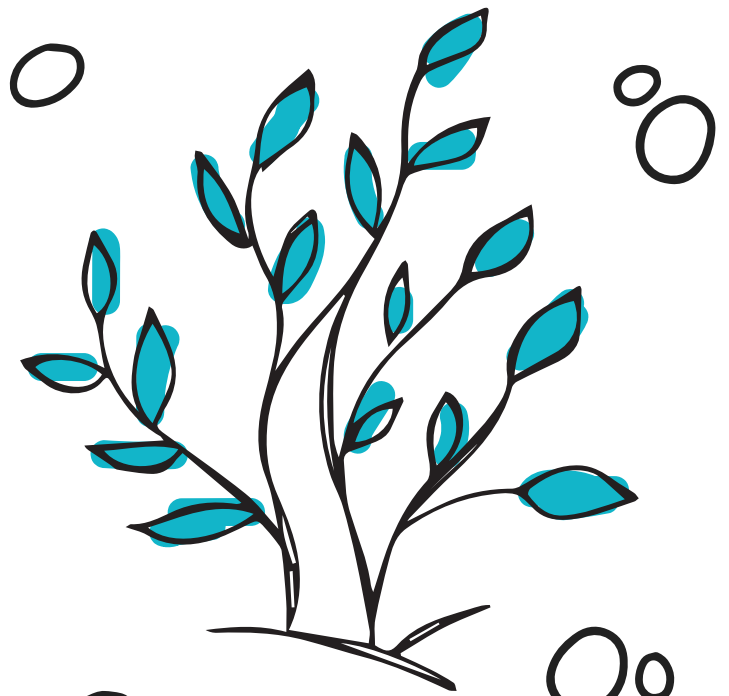
1. Where were you?
2. Who were you with?
3. What flavour was the ice lolly?
4. How did you feel?

Ice lollies are so simple yet bring so much joy. Reflect on other simple pleasures in life that bring you happiness.

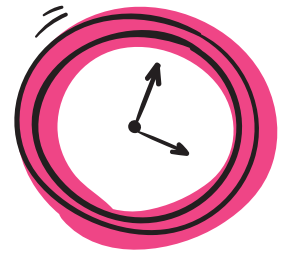
## Activity

### Sharing the Joy

Pick a colleague and treat them to an ice lolly. Seriously, they'll love it!



## Reflection



# The Power of Movement and Community

1. How does physical activity impact your mood and energy levels?
2. What community activities or groups have you been part of that made you feel supported and uplifted?
3. Describe a time when you accomplished something you initially doubted you could achieve. How did it make you feel?

## Activity

# Free Honks



We've all heard of the Free Hugs movement but had you heard of Free Honks?

1. Recall a time when you received unexpected support or encouragement. Write about this experience.
2. Think about how you can "honk" for someone else. Plan a small act of encouragement for a friend or colleague.



## Conversation Starter

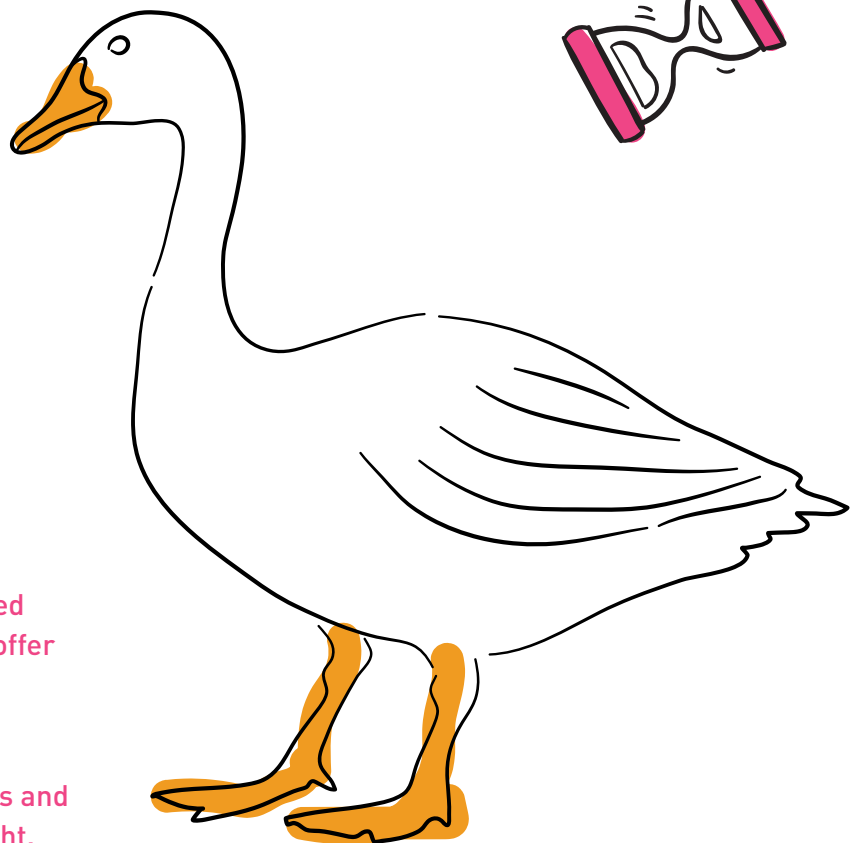
# Way of the Goose

1. What can we learn from the way geese support each other?
2. How can we apply these lessons in our personal and professional lives?

## Activity

# Be the Goose

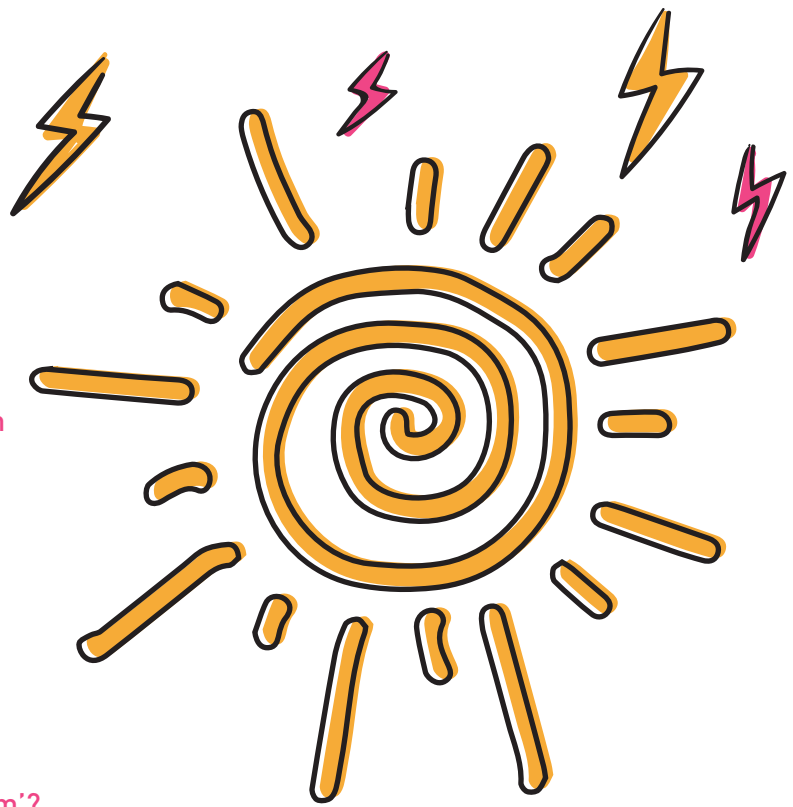
1. Identify a person in your life who might need support right now. Reach out to them and offer your help.
2. Create a small group (virtual or in-person) where members can share their challenges and support each other, similar to geese in flight.



## Reflection

### Embracing the Warm

1. What does the concept of the 'Warm' mean to you?
2. How can you cultivate a mindset that focuses on seeing the good in all situations?



## Activity

### Spread the Warmth

1. Who in your life consistently embodies the 'Warm'?
2. List five things you are grateful for each day for a week. This is ideally done just before bed.
3. Share at least one positive or uplifting story with someone every day.

## Conversation Starter

1. What does a "full" life look like to you? What areas of your life feel "full," and which areas could use more attention?
2. How can you balance your time and energy to achieve a sense of fullness?



## Activity

### Random Acts of Kindness

1. List five small acts of kindness you can perform this week.
2. Each day, choose one act to complete and note the reactions of others and how it made you feel.



## Activity & Conversation Starter

### The Importance of Play and Creativity

1. How does play impact your creativity and problem-solving abilities?
2. What activities make you feel most playful and creative?
3. Schedule playtime with your team...we dare you!



# Conversation Starter

## Living a One-Buttock Life

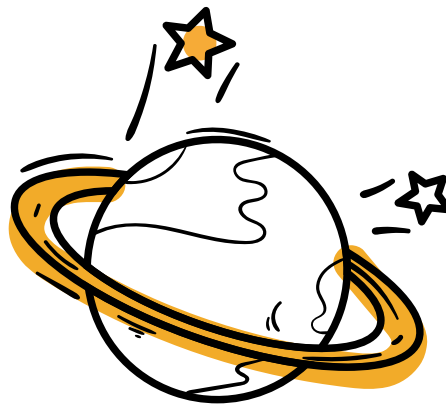
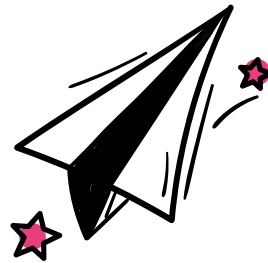
1. What activities or passions lift you off your seat and make you feel fully engaged in life or work?
2. How can you incorporate more of these “one-buttock” moments into your daily routine?



## Activity

## Lean Forward

1. Identify an area of your life where you can lean in more passionately. Set a specific goal to pursue this with enthusiasm.
2. Reflect on a recent success or breakthrough. Celebrate it by doing something special for yourself.



To wrap up, treat yourself to an ice lolly (or your favourite treat) and savour it. Reflect on the small joys in life and how you can bring more of them into your daily routine. Enjoy the moment and remember to live a one-buttock life!

Remember, this workbook is a tool to help you reflect, grow, and embrace the uplifting moments in your life. Take your time with each section and revisit the activities whenever you need a boost of positivity.

## Happy reflecting!



  
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