



Target Audience:
People of all ages going out for food or drinks

Restaurant & Bar Adventure Kit

Activity
Smiles and laughter

Duration: 45 minutes

Group Size: 6 - 12

Goals/Objectives

Turn your gathering into a festive celebration of life by creating the warm atmosphere between your friends and/or family that will make this memory one you won't forget anytime soon.

Description

Dive right into the fun and bring out those smiles and laughter with our Restaurant & Bar Adventure Kit! Tired of fifty million simultaneous conversations and not knowing which one to join? Are you fed up with missing the punch line that has everyone else rolling on the floor with laughter? Well so are we! Do you want your gathering of friends and family to actually

be a gathering of bonding and togetherness? With our R&B Kit your outing is sure to be an experience that leaves everyone with a big happy smile on their face. Through our cooperative games and exercises each person adds their unique ingredients to this collective soup that you create, and each enjoys the unforgettable savory flavors of mutual connection!



Directions

Sit down in a circle and open your heart to those around you through the following connecting games. Try to accept every person and situation, rather than judge. Feel your heart getting softer.

A) Build a Sentence Together (3 min)

- For this exercise have a volunteer write down the words people say on their phone.)
- Together the participants will create a sentence answering the question: Why is this night going to be the greatest night ever!?
- One person begins by saying a single word. The person to their right continues and adds another word. And so on and so forth until everyone has contributed a word. After each has contributed the volunteer reads the sentence out loud for everyone to hear.

B) Tornado of Enthusiasm (7 min)

- This should begin after people have already placed their orders
- In turn we will go around the table. The first person will share what drink they bought or what meal they ordered. The person to their right will explain with as much enthusiasm as they can why that drink / meal is the greatest drink / meal ever! That same person will then say what it is they ordered. Then the person to their right will have to explain why this drink / meal is the absolute best choice, except now they will have to increase the level of enthusiasm even higher than the first person! Continue this until everyone has had a turn leading to the final person who will then be the tip of the tornado topping all previous levels of enthusiasm with their explanation.

Example - Person 1: My name is ___ (if there are some who do not know others) and I ordered the kale salad. Person 2: My name is ___ and Kale salad is my favorite salad in the world! I love it! But I ordered a basket of shrimp. Person 3: My name is _____ and there's nothing in life I enjoy more than shrimp. I like to savor the flavor and eat them with lemon and bbq sauce mmmm! But I ordered a...and so on and so forth. Break into pairs and share with each other what you hope to get out of this special evening of connection.



Directions

(continued)

C) Pairs Sharing (5 min)

- Now break up into pairs. You can do groups of three if there is an odd number of people. Person 1 will share with person 2 what you hope to get out of this evening. Then we will switch and person 2 will share with person 1 what they hope to get.
- After everyone has shared turn to the person on your other side and share with them:
 - 1) What your previous partner hoped to get from this evening and
 - 2) How you can help them receive what they want

D) Group Discussion (30 min)

- Finally go around in a circle and one at a time everyone will share:
 - 1) What is your fondest childhood memory?
(it could be funny, sweet, embarrassing, etc)
 - 2) How did it feel to share a piece of who you are with others?
 - 3) Why are you grateful to be here with these specific people?



Supplementary materials

Clips to play before/during/after the activity:

- TED Talk: Why we laugh
- People will always need people
- Kindness Boomerang
- Egg Hunt
- Laughter Epidemic
- An Experiment in Gratitude

Quotes:

- **Bill Clinton**
"Life is a journey towards truth, we have something to learn from each other, and everybody ought to have a chance to make the journey. So for us, a community is just made up of anybody who accepts the rules of the game, everybody counts, everybody has a role to play, everybody deserves a chance and we all do better when we work together."
- **Nicholas Christakis**
*A network of humans has a special kind of life of its own.
 Source: Connected: The Surprising Power of Our Social Networks and How They Shape Our Lives*
- **Sherry Turkle**
Sharing Becomes Part Of Having The Thought: Sharing becomes part of actually having the thought. It's not "I think therefore I am," it's, "I share therefore I am." Sharing as you're thinking opens you up to whether the group likes what you're thinking as becoming a very big factor in whether or not you think you're thinking well.

Articles:

- The Power of Positive Emotions
- Laugh it Up: Why Laughing Brings Us Closer Together
- Laughter: The Glue of Humanity?



The Science Behind it

- **“Positive affectivity” is the technical term for a positive emotion.**
2.3[1] Watson, D. (2002). *Positive affectivity. Handbook of positive psychology*, 106-119.
- **“Hedonic Adaptation” basically means that we’re like “pleasure addicts” - we adjust to the pleasure we get very quickly and so we keep treading a hedonic treadmill.**
2.4[1] Appley, M. H.: 1971, (ed.) *Adaptation-Level Theory* (New York, Academic Press).
- **State of “Flow” is when we are so involved in the present activity that we seem to experience timelessness.**
Johnson, D. W., & Johnson, R. T. (1989). *Cooperation and competition: Theory and research*. Interaction Book Company.
- **Hungarian psychology professor, Mihaly Csikszentmihalyi, the father of the “flow model” explains it through the balance between challenge and skill, where you enter the flow channel when both your challenge and skill levels are matched and high.**
2.4[5] Csikszentmihalyi, M., & Csikszentmihalyi, M. (1991). *Flow: The psychology of optimal experience* (Vol. 41). New York: HarperPerennial.
- **“Positivity Resonance” is what happens between two or more individuals when they share positive emotions in ways that amplify the level of positivity they had to begin with.**
2.5[1] Fredrickson, B. L. (2013). *Positive emotions broaden and build. Advances in experimental social psychology*, 47, 1-53.
- **Oxytocin is referred to as “the love hormone,” and is linked to happy feelings and other positive effects such as lowering stress, relieving pain, reducing social fears and more.**
2.5[4] Feldman, R., Gordon, I., & Zagoory-Sharon, O. (2010). *The cross-generation transmission of oxytocin in humans. Hormones and Behavior*, 58(4), 669-676.
- **Social intelligence is the capacity to effectively negotiate complex social relationships, with your boss or colleague, or even your spouse.**
2.7[1] Humphrey, N. (2003). *The inner eye: Social intelligence in evolution*.
2.7[2] Goleman, D. (2007). *Social intelligence*. Random house.
2.7[3] Thorndike, E. L. (1920). *Intelligence and its uses*. Harper's magazine.