

# POSITIVE ATTITUDE: MAINTAINING PRODUCTIVE GAMEPLAY

**LESSON OBJECTIVE** – For the group to gain a deeper understanding of how a consistent positive approach can help players support and motivate each other, regardless of the situation, creating a cohesive team approach to maintaining productive and positive gameplay.

**LESSON OUTCOMES** – To recognise the impact of positive behaviours and to identify positive strategies that can empower players to overcome difficult and challenging situations.

## REQUIREMENTS FOR LESSON:

<b>TIME</b>	35-45 Minutes
<b>MATERIALS</b>	Pens and paper.
<b>SLIDE 1</b>	KEEPING IT POSITIVE
<b>SLIDE 2</b>	STUDYING POSITIVE RESPONSES



**THE CYBERSMILE FOUNDATION**

# LESSON GUIDE

## STEP 1: INTRODUCTION

Introduce the group to the title, and the objectives and outcomes. Discuss with the group how a positive mindset can enable players to develop a productive, can-do approach and what it means to have a positive attitude online. You can prompt the group by asking them to think about the following aspects of positive online behaviour and gameplay:

- Having a positive approach to other players' opinions regarding team tactics and strategy. Being open minded and non-judgemental about styles and ideas that are different to your own.
- Framing loss, victory and challenging in-game situations as learning opportunities. Taking something positive from every game.
- Supporting teammates when mistakes are made and helping players regain their confidence when setbacks occur.
- Understanding situations where teammates become negative and seeing this as an opportunity to encourage a player to fix their focus on the 'here and now' and move forward.



**THE CYBERSMILE FOUNDATION**

## **STEP 2: GROUP EXERCISE – KEEPING IT POSITIVE**

**Show Slide 1 to group.**

- Ask the group to consider and discuss challenging or difficult situations where they have wanted to speak out but have not done so because they have felt embarrassed, didn't want to appear 'cringey', were worried about being flamed or were just not sure how to respond.
- Ask the group to discuss examples of when they have received feedback or encouragement that landed well with them, and the strategies that they think work.
- Ask the group to discuss how they would respond to the following situations in a positive and productive way, without being negative or disrespectful whilst also trying to avoid negative judgements such as, 'you can't cope', 'you're not trying', 'you're not good enough', etc.
- The group will also need to consider how feedback is communicated, as situations can arise, or worsen because of the poor quality of rushed text chat or frustration from one player triggering frustration in another.

Read out situation number 1 and ask the group to discuss and respond. Take note of the responses and repeat for 2 and 3.

1. A teammate has lost their focus and is not sticking to the team strategy or performing well in their role.

2. A player has reacted aggressively to feedback from teammates after making mistakes that have put the team at a disadvantage.

3. Your team is being outplayed and is trying hard but defeat is probably inevitable. Team members are becoming despondent and have started to flame the opposition. Tactical surrender may be an option in this situation, or could it be a valuable learning opportunity?



**THE CYBERSMILE FOUNDATION**

- Ask the group to compare the positive responses/strategies they have created to negative, aggressive or disrespectful responses in similar situations they may have experienced personally, or have witnessed coming from other players.
- Ask the group to discuss the possible outcomes of these negative responses, for the individual receiving them, and the team as a whole. You can prompt the group by asking – was this productive? Did this motivate the player or improve the situation? How does this affect individual and team performance?
- Finally, discuss how players can learn and develop positive habits in the face of frustration that will help them to process frustration rather than take it out on another person. Techniques such as taking a deep breath or conscious focus on the positive can help.

### **STEP 3: GROUP EXERCISE – STUDYING POSITIVE RESPONSES**

**Show Slide 2.**

- Split the group into pairs and ask each pair to think of 1-2 situations where a player is having a rough game and as a fellow teammate it would be good time to offer help. Encourage the group to draw from their own online experiences rather than using the generic examples in the first exercise.
- Write down the situations (min of 6) for the whole group to see and ask each pair to generate a response for each situation that they think would help motivate, inspire or encourage the player. (See notes)
- Finally, bring the group together to discuss the responses and to identify which response they think would have the most productive impact for each situation.

#### **NOTES:**

Some players may consider being negative an effective strategy. These responses/strategies should be included, and explored in the final discussion.



**THE CYBERSMILE FOUNDATION**

## EVALUATION

- Ask each group member to think of their own in-game experiences and to identify which response they feel would help their team the most in any given situation. Ask them to write down their chosen response on a piece of paper.
- Collect the pieces of paper, select a minimum of six different responses, share these with the group and ask them to discuss and then rank the responses by voting with a show of hands, with number one being the response they feel would have the most productive outcome for the team.



**THE CYBERSMILE FOUNDATION**