

Show how you are going...

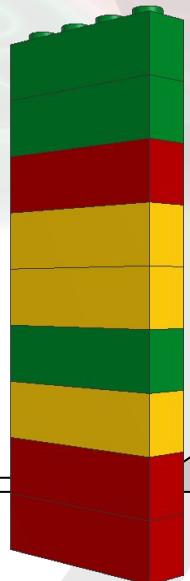
# RYG Up your Day

## Why?

Have you ever had a day that started out great but got worse and worse as it went on? Have you had a day when you started poorly but a great conversation or some good news meant that you finish on a high?

How often have you gone to a trusted colleague for help or advice and been shouted at because they are having a bad day? Wouldn't it be great if you knew that before you engaged with them?

RYG Up your day allows you to **share how your day has been and give your colleagues context for how to engage constructively.**



## What?

Most of us use traffic light reporting in projects. In RYG Up your day you can **do a traffic light report on your day**. Add green, yellow or red bricks to a stack on your desk to show your mood. Anyone who visits your desk will instantly know how you are feeling.

## How?

(This activity is best done as a whole team and agreed upon in advance. If you do want to try it on your own, think about placing a card with the label 'How's my day been?' next to your brick stack.)

- At the start of the day, **start with an empty black Lego plate**.
- Place the first brick in the centre of the plate to show how your day is starting.
- Periodically each hour or alternatively on a change of events, **add a brick to the stack that shows how you feel:**
  - **GREEN - feeling great**
  - **YELLOW - this day is testing me**
  - **RED - things are not good**
- This is also a good opportunity to **take a short focus/reflection break**
- Don't worry if you miss a turn, just add a brick whenever you can