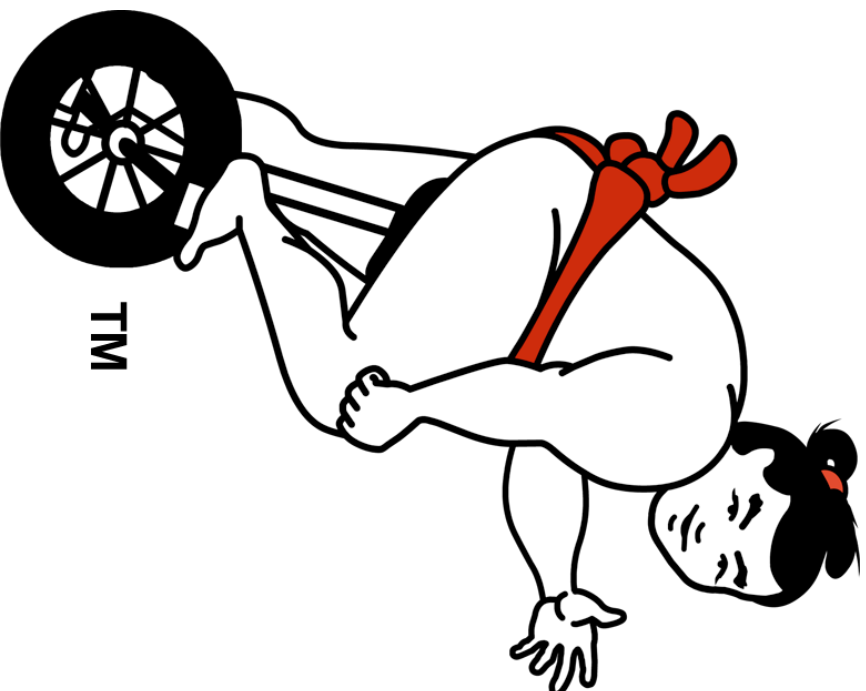
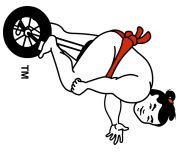


SUMMO 4 PRIMARY SCHOOLS

RELEASING POTENTIAL... SKILLS FOR LIFE!TM



TM



SUMO4Schools

SUMO means 'I Choose'

S.U.M.O. stands for the phrase Stop, Understand, Move On.

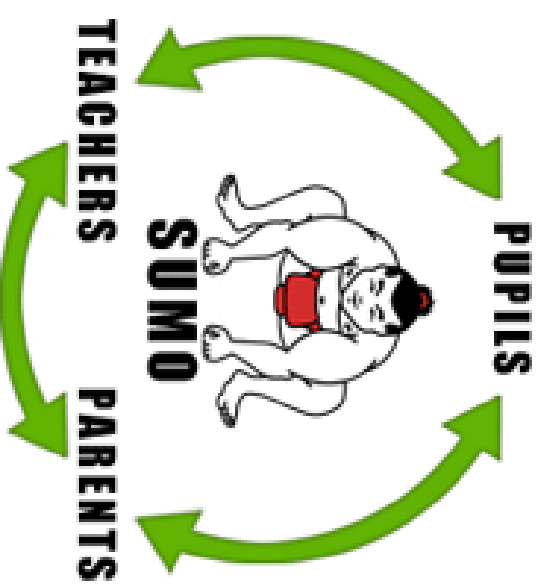
'Stop, Understand' means

- to stop what you're doing
- take time out to reflect
- let go of baggage and beliefs that hinder your potential.

'Move On' means

- Tomorrow can be different from today
- Look for new possibilities.
- Don't just think about it, take action.

SUMO is meant to be a challenging, thought provoking and memorable message.





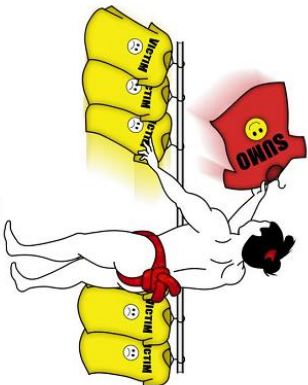
The Present Educational Context & SUMO4Schools...

- Promotes creativity and enables children to identify their gifts.
- Develops emotional intelligence.
- Reflective and risk orientated.
- Raises self esteem and aspiration.
- Supports collaborative learning.
- A balance of knowledge & skills.

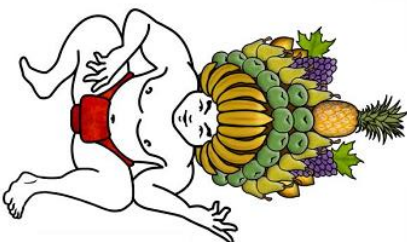
Welcome to **SUMO4SCHOOLS** Primary

Please select which session you need

Change Your T-shirt



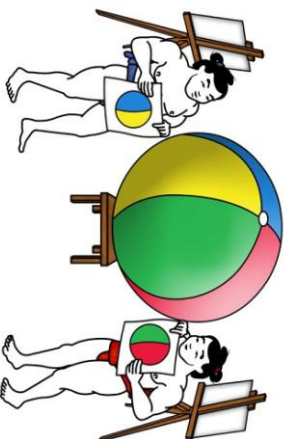
Develop Fruity Thinking



Hippo Time Is Ok



*Remember
The Beachball*



Learn Latin



Ditch Doris Day

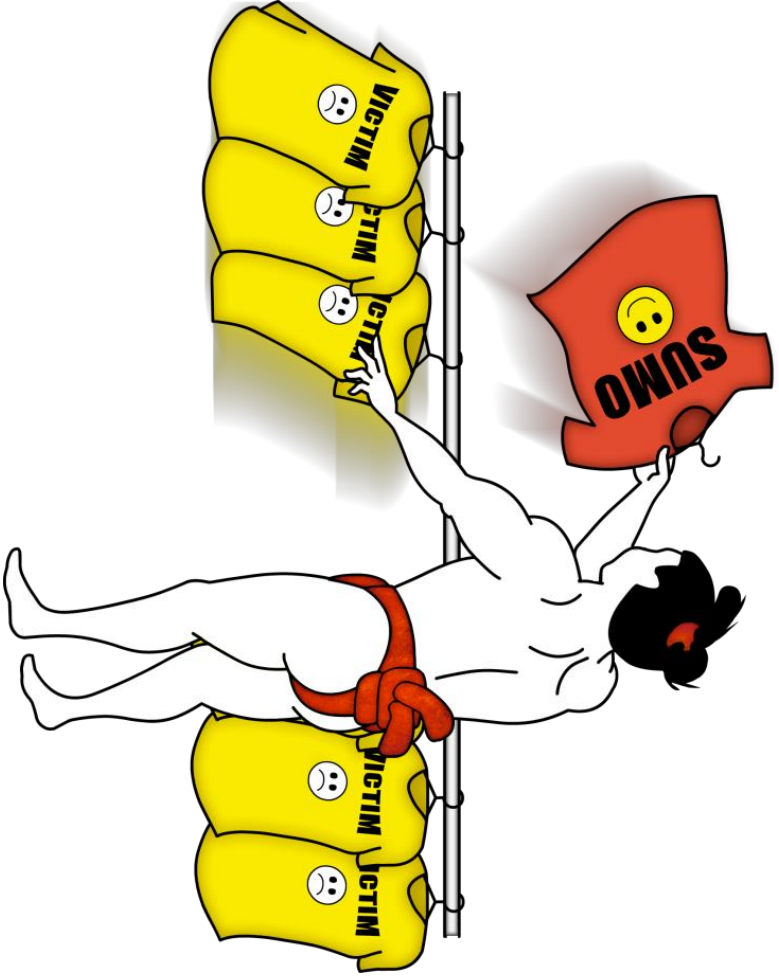


At the end of each session you will see a curved arrow in the top left corner. Click the arrow to return to this page





Change your T-Shirt



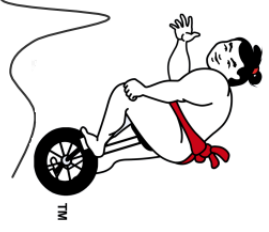


Change Your T-Shirt

SUMO Summary

- Stop acting on autopilot and Move On to self awareness.
- Stop 'blaming someone else' and Move On to personal responsibility.
- Stop being a passenger and Move On to being a driver in your life.
- Stop speaking 'victim' language and Move On to speaking SUMO language.
- Stop wishing your life would get better and Move On to making it better.

SUMO  **SCHOOLS**



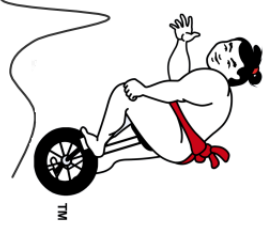


Change Your T-Shirt

**Being responsible
or not responsible, that is the
question?**

**“I am not always responsible for what
happens to me but I am responsible for how
I choose to respond.”**

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Change Your T-Shirt

$$E + R = O$$

Something happens

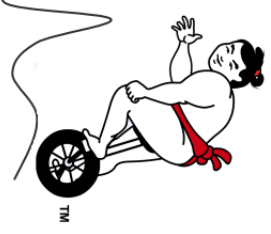
This is our **E**vent

How we **R**espond to it

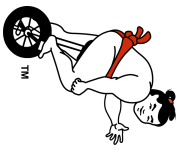
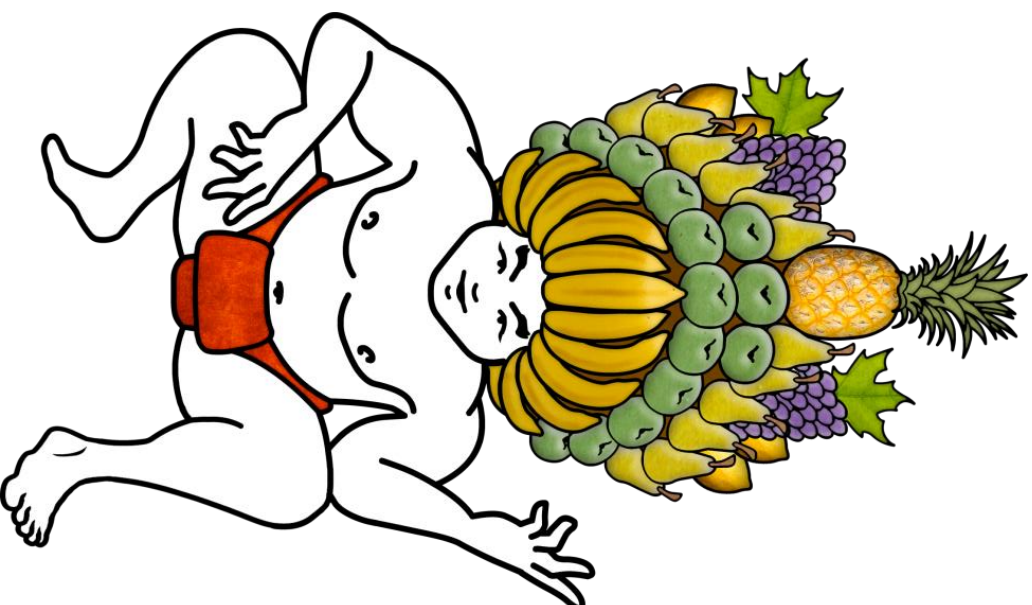
Determines our **O**utcome



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Develop Fruity Thinking

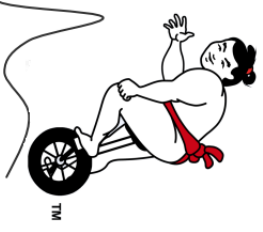


Develop Fruity Thinking

SUMO Summary

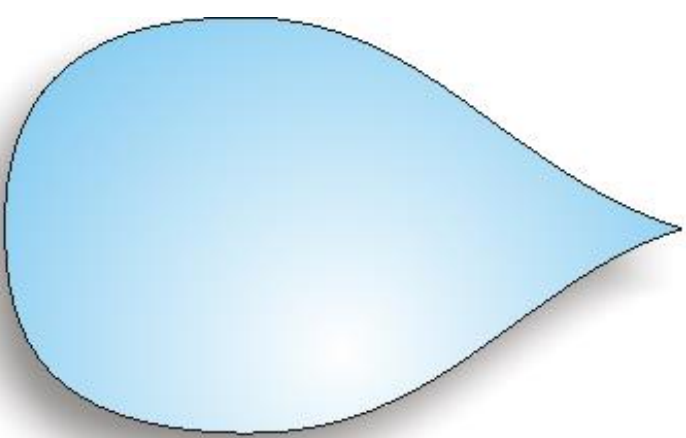
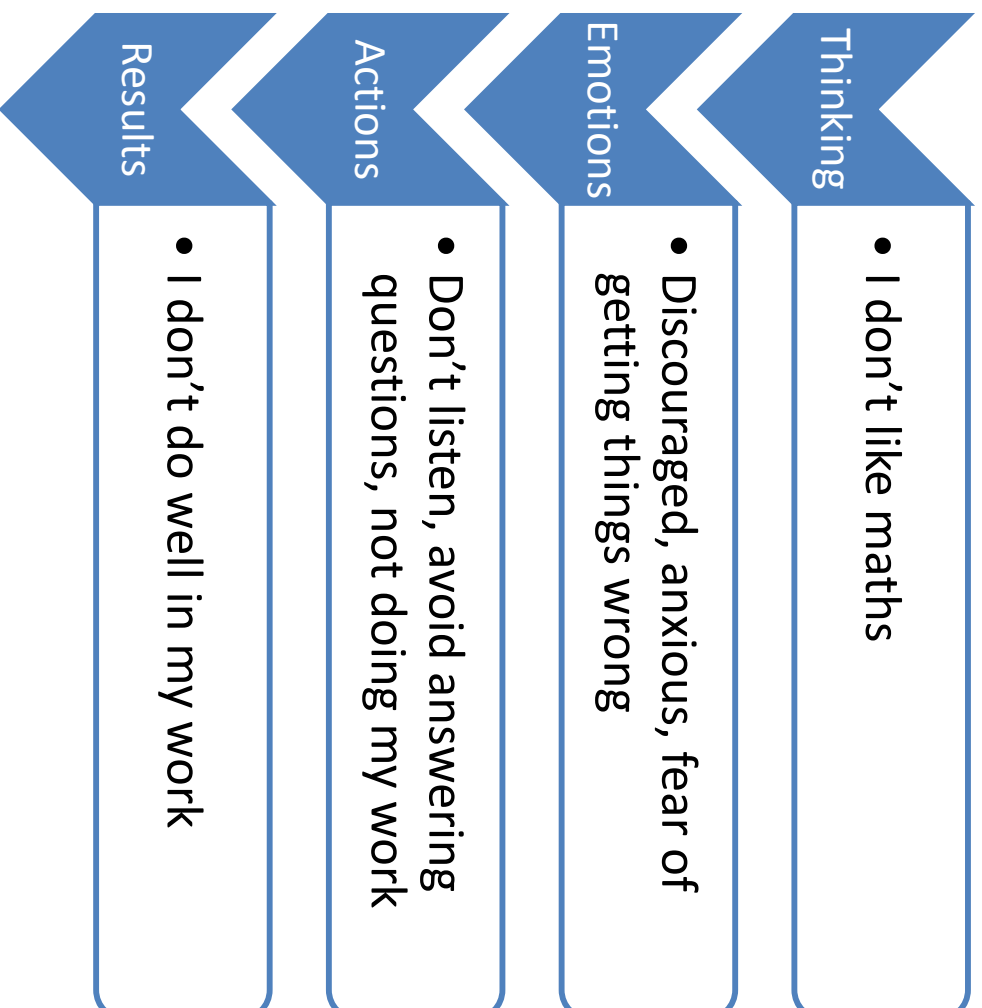
- If we want different results in our life, we must change our thinking.
- Our thinking is influenced by our background, previous experience, the company we keep and the media.
- Stop the Inner Critic and Move On to listening to the Inner Coach.
- Stop being a Broken Record and Move On to taking action.
- Stop the Martyr Syndrome and Move On to taking ownership of our life.
- Stop Trivial Pursuits and Move On to majoring on the majors.
- Stop being overly dominated by our emotional and primitive brain and Move On to using our rational brain.

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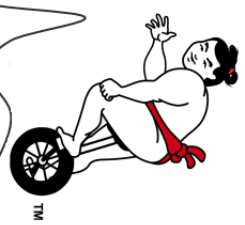


Develop Fruity Thinking

T-E-A-R



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Develop Fruity Thinking

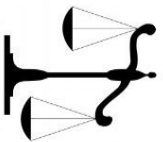
Thinking Patterns



Inner Critic – The voice inside your head that highlights your weaknesses and undermines your confidence.



The Broken Record – You moan about the same things all the time but you don't take action.



Martyr Syndrome – You think your life is unfair and that people are better than you.



Trivial Pursuits – You make a mountain out of a mole hill by magnifying problems and focusing on the wrong things.

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SCHOOLS



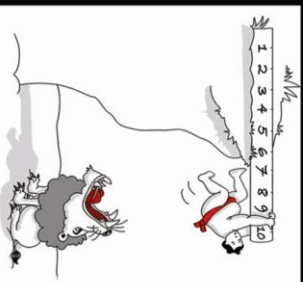
TM



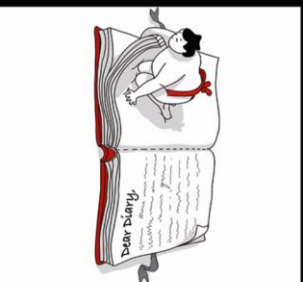
Develop Fruity Thinking

Developing Fruity Thinking -- 7 Questions to help you SUMO

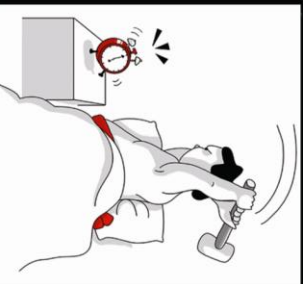
Faced With a challenge?
7 questions to help you **S.U.M.O.**



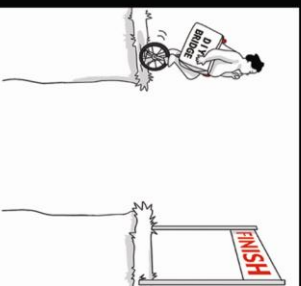
1: Where is this issue on a scale of 1 - 10?



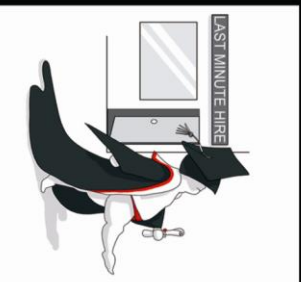
2: How important will this be in 6 months time?



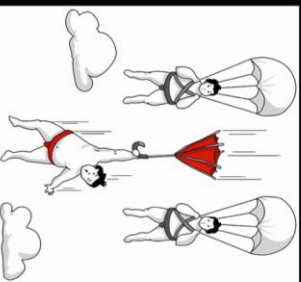
3: Is my response appropriate and effective?



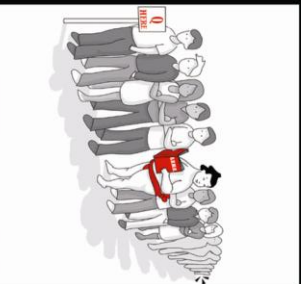
4: How can I influence or improve the situation?



5: What can I learn from this?

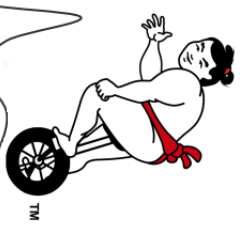


6: What will I do differently next time?



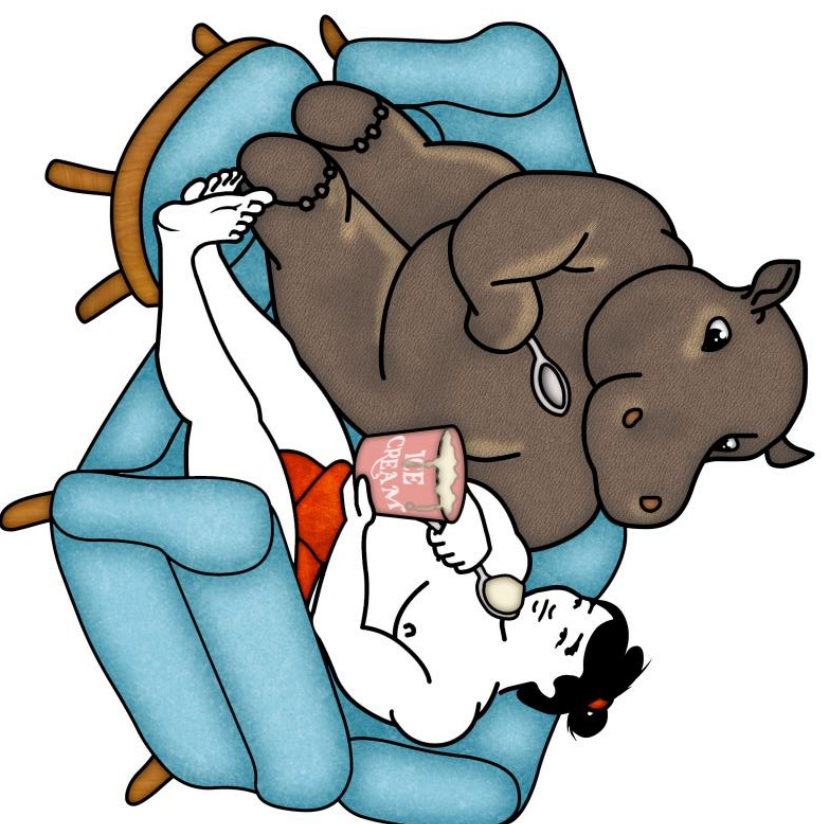
7: What can I find that's positive in this situation?

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TM

Hippo Time is OK



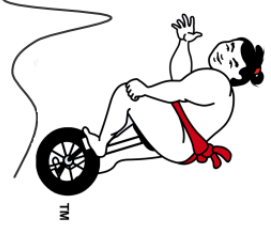


Hippo Time is OK

SUMO Summary

- Before we can SUMO we may need to take a detour to Hippo Time.
- Remember the more times we replay our story, the more we re-live it. Sometimes we need to SUMO rather than re-tell.
- Stop telling everybody our issues and Move On to people who will be supportive.
- Be aware the longer we spend in Hippo Time the harder it will be.
- “Hippo Time” is temporary. SUMO lasts a life time.

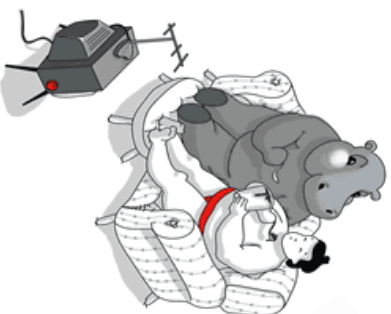
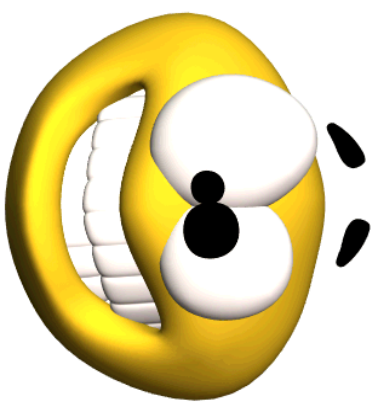
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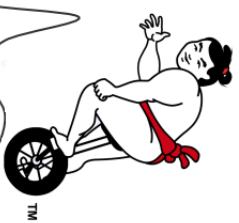


Hippo Time is OK

Introducing Hippo Time



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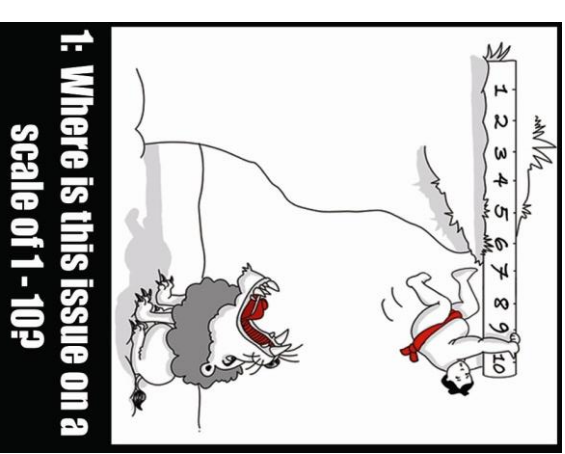
TM



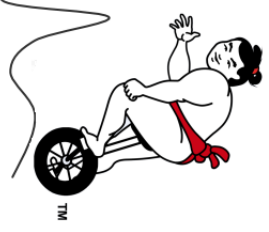
Hippo Time is OK

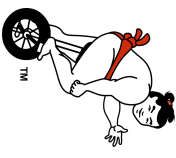
Where is this on a scale of 1 -10?

- You loose you favourite jumper
- It rains on your birthday
- Your football team gets relegated
- Your parents have an argument
- A friend lets you down
- You mess up a test
- You have not been made 'class star of the week'
- You forget your homework
- A family pet dies
- You don't get picked for the school team
- They have run out of your favourite school meal at dinner time
- You have to move house and will not see your friends
- Your pen runs out of ink

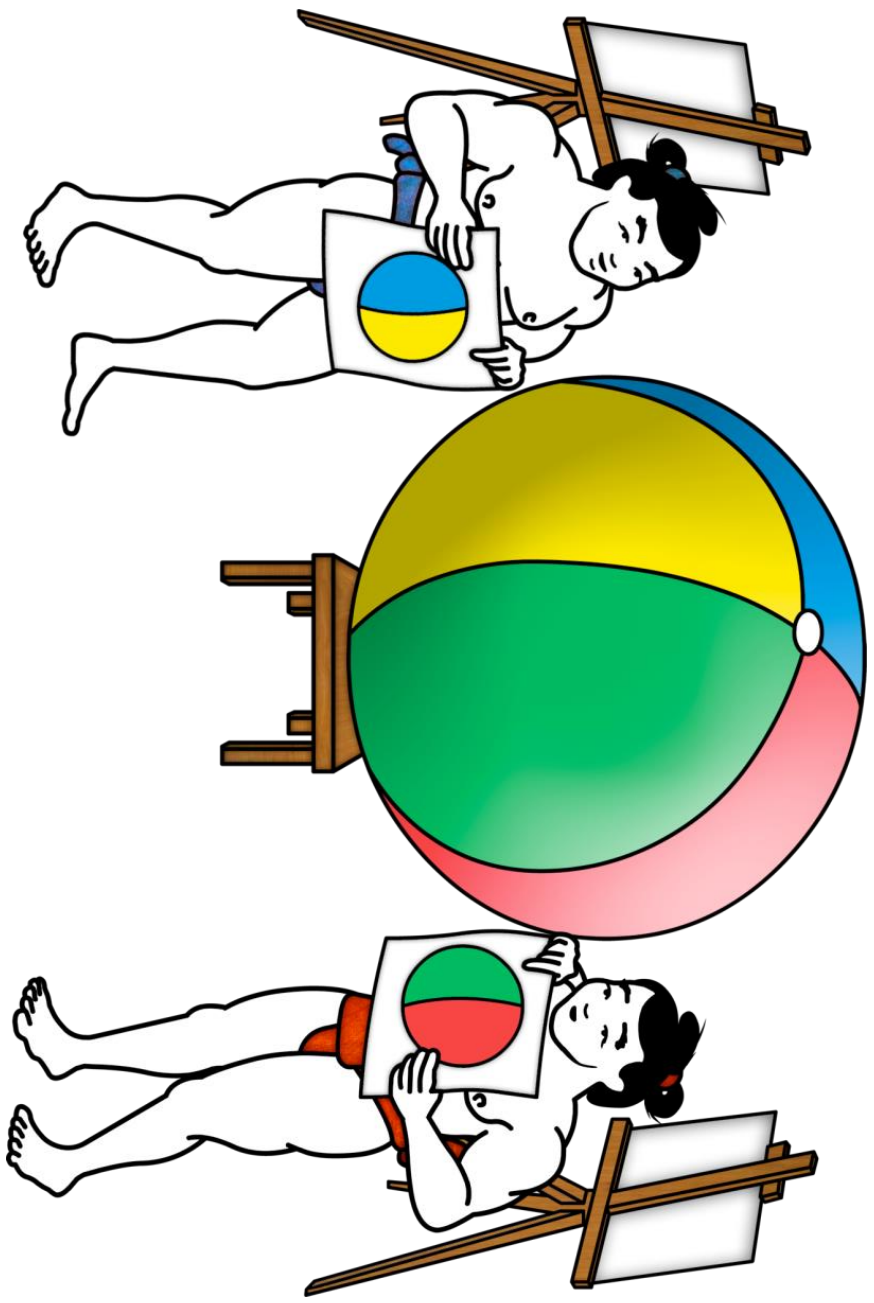


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Remember the Beachball



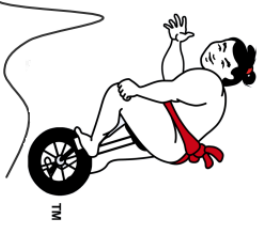


Remember the BeachBall

SUMO Summary

- A brilliant life comes through better relationships.
- Two opposing views does not necessarily mean one has to be wrong.
- Remember the Beachball. Stop believing our perspective is the only one and Move On to seeing how the world looks through someone else's eyes.
- Age, values, personality and mood will influence how we see things.
- Understanding someone's viewpoint does not necessarily mean we agree with it.
- When people feel we are trying to understand them, they are more likely to try and understand us.
- Stop waiting for the other person to take the initiative; Move on to being a peacemaker.

SUMO  **SCHOOLS**



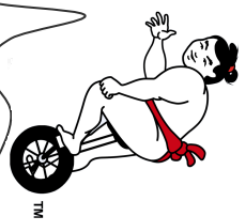
Remember the BeachBall

Visual Perspectives



Can you find the hidden tiger?

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Remember the BeachBall

Describe what you see in one word



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Remember the BeachBall

The Four Main Influences



AGE



VALUES



MOOD



PERSONALITY

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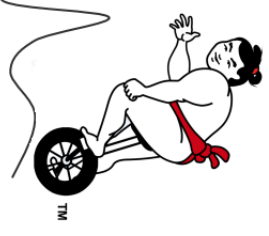


Learn Latin

SUMO Summary

- Life rewards action, not intention.
- Putting things off can rob us of success and happiness.
- Conquer our avoidance habits.
- Stop the dithering, Move On to the acting.
- Stop dreaming about success and Move On to being successful.

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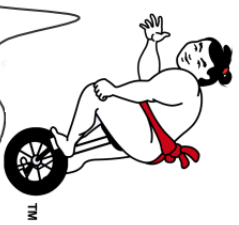


Learn Latin

If the World was About to End

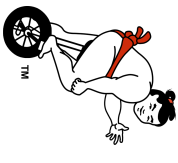
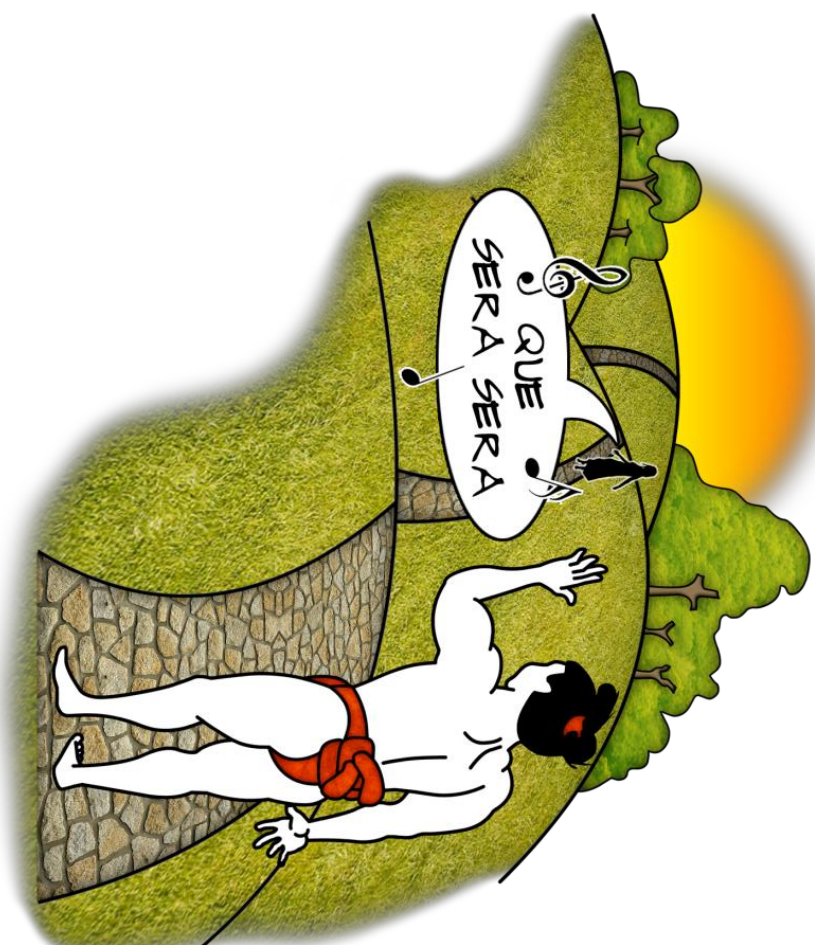


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TM

Ditch Doris Day (or dare to dream)



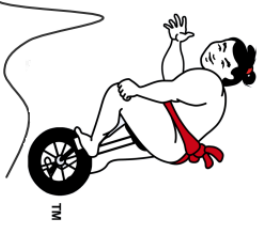


Ditch Doris Day

SUMO Summary

- Stop the 'whatever will be, will be' attitude and Move On to creating your own future.
- If we want more success in life, define what that means to you.
- Stop thinking life is just about money and things and Move On to a more fulfilled life.
- Stop neglecting our future and Move On to making it happen.
- Stop believing success will just happen, Move On to develop a plan to create it.
- Use all six SUMO principles to create the future we want to see.

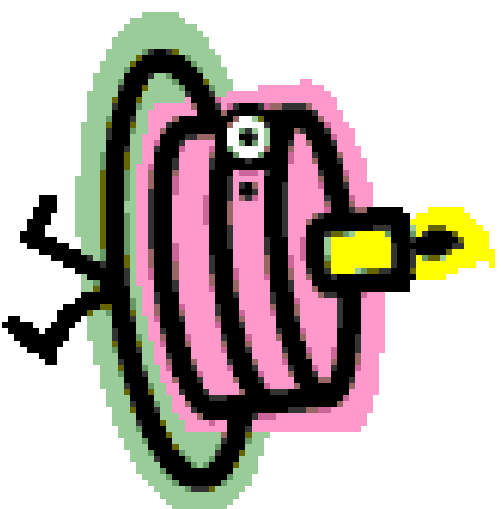
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Ditch Doris Day

Ingredients for Success



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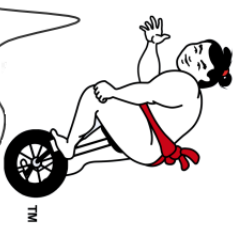
Ditch Doris Day

The Miniature Earth



Click on the picture to watch The Miniature Earth Video.

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SUMO 4 PRIMARY SCHOOLS

RELEASING POTENTIAL ... SKILLS FOR LIFE I™

[Contact Us](#)

PASSIONATE ABOUT EDUCATION?

SUMO4SCHOOLS PRIMARY RELEASING POTENTIAL ... SKILLS FOR LIFE I™

Like you, we are **passionate about education**. We believe that all of us - teachers, parents and pupils - have a collective responsibility to work together to raise educational standards. And in these times of **unprecedented change** it's more important than ever that we equip our children with the right skills to face the challenges of the future.

But raising standards in education means more than a production line of lessons and tests. Teachers and parents that really care about education know that our children need much more than facts, figures, and formulas.

Children need to be **engaged and empowered** to release their true potential.

This is where **SUMO4Schools** can help. SUMO, which means 'I choose' in Latin, is all about empowering children and teachers in an innovative and accessible way.

PUPILS

TEACHERS

PARENTS

SUMO

ENQUIRIES

SUMO4SCHOOLS IN ACTION

SUMO4SCHOOLS PACK

THE 6 SUMO PRINCIPLES

PRODUCTS 4 SCHOOLS

NEWSLETTER

SUMO 4 SCHOOLS

SUMOGUY