

# SUMO 4 PRIMARY SCHOOLS

**RELEASING POTENTIAL ... SKILLS FOR LIFE!™**





# SUMO4Schools

## SUMO means 'I Choose'

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

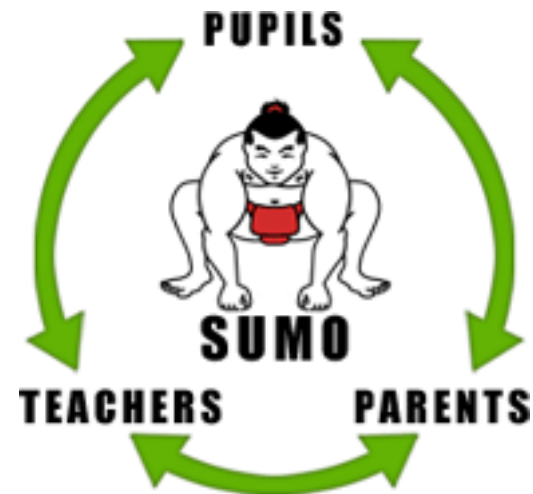
### 'Stop, Understand' means

- 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.

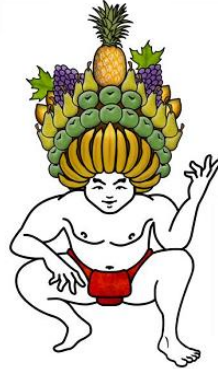
# Welcome to **SUMO4SCHOOLS Primary**

Please select which session you need

Change Your T-shirt



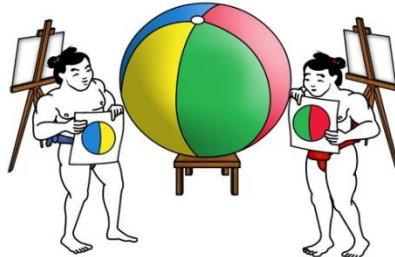
Develop Fruity Thinking



Hippo Time Is OK



Remember  
The Beachball



Learn Latin



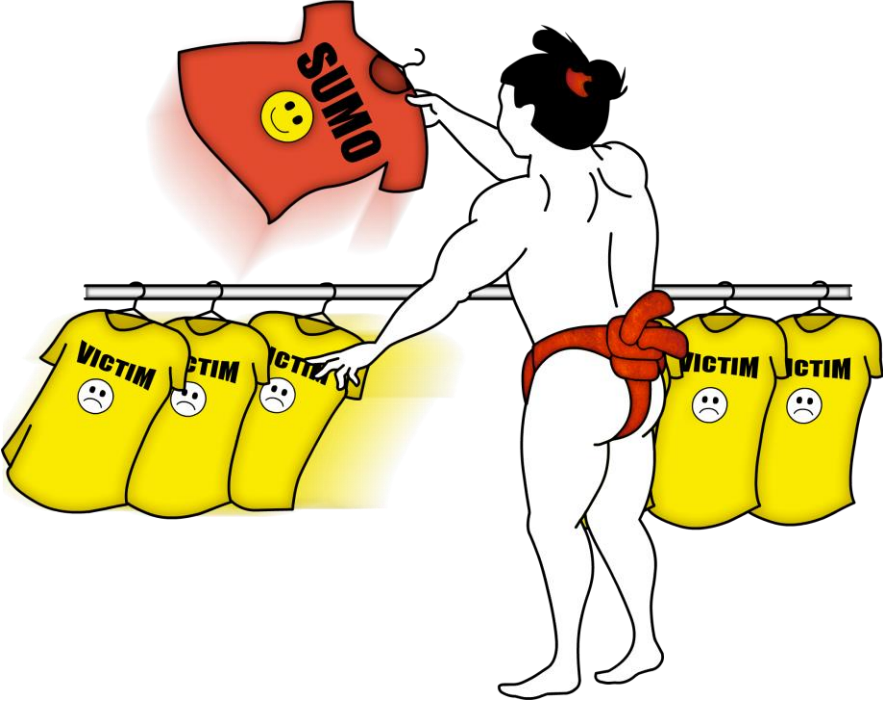
Ditch Doris Day



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



## 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.

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# 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



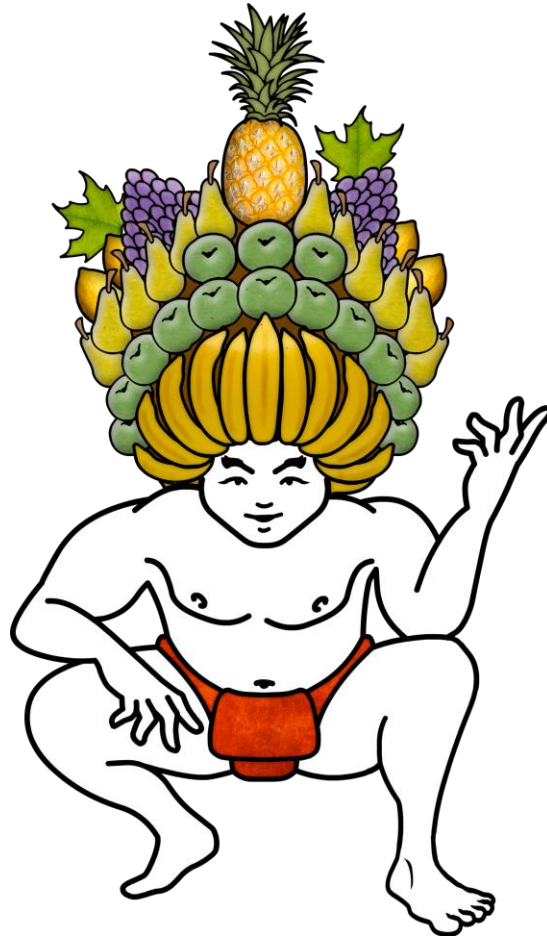
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# Develop Fruity Thinking



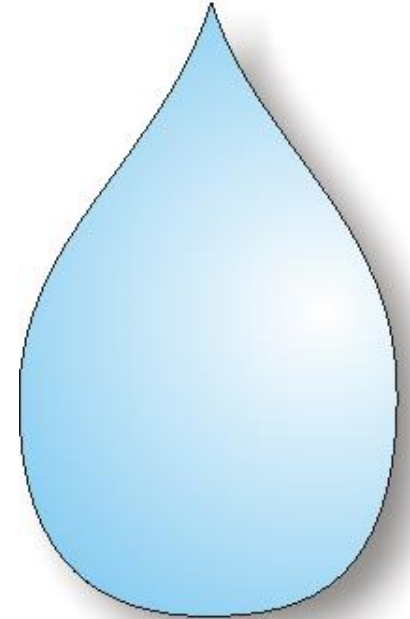
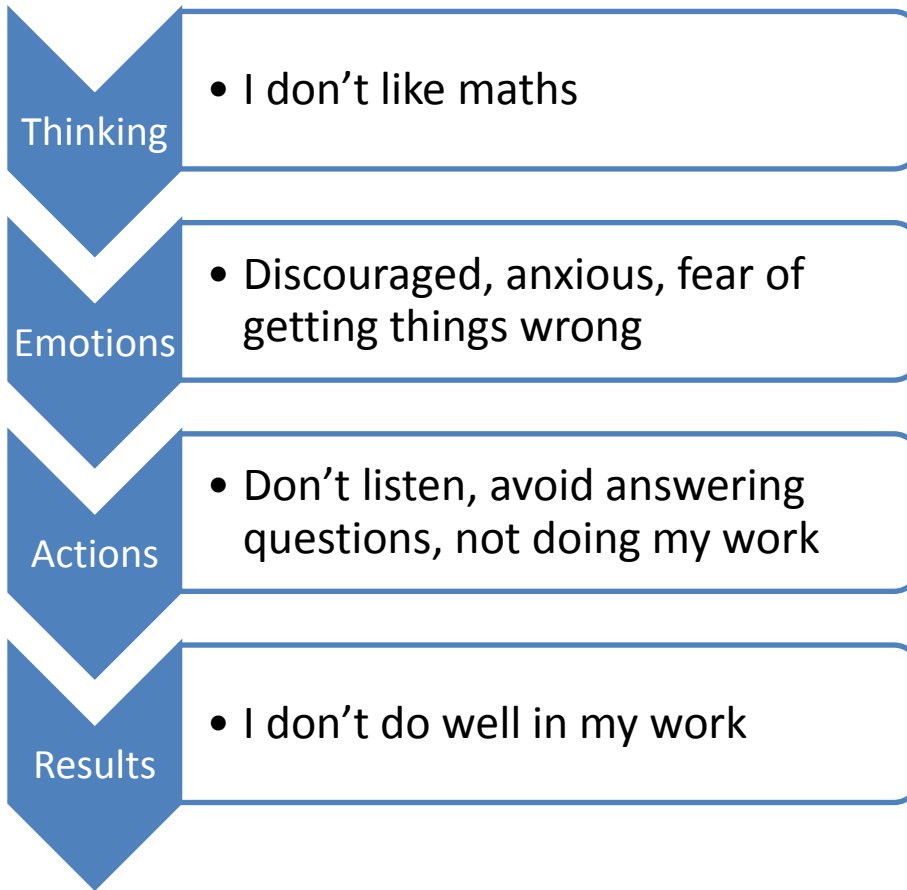
## SUMO Summary

- 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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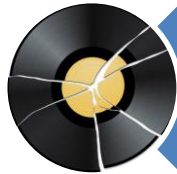
## T-E-A-R



## 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.



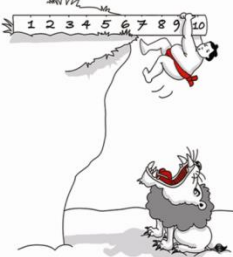




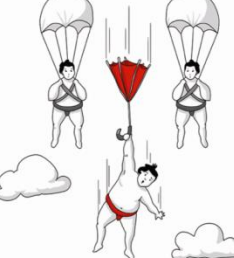

Martyr Syndrome – You think your life is unfair and that people are better than you.



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



# Developing Fruity Thinking – 7 Questions to help you SUMO

<p><b>Faced with a challenge?</b> 7 questions to help you <b>S.U.M.O.</b></p>	 <p>A person is hanging from a horizontal scale numbered 1 to 10. Below the scale, a donkey is looking up at the person.</p>	 <p>A person is sitting on a large, open book, reading. The book has some text on it, including the words 'Fruity Thinking'.</p>	 <p>A person is sitting up in bed, looking at an alarm clock on a bedside table. The person appears to be waking up.</p>
 <p>A person is riding a bicycle on a narrow path. A sign on the bicycle says 'DIY BRIDGE'. In the background, there is a 'FINISH' sign on a post.</p>	 <p>A person in a black robe and hat is standing in front of a sign that says 'LAST MINUTE HIRE'. The person is holding a small object.</p>	 <p>A person is holding a red umbrella. In the background, two other people are parachuting.</p>	 <p>A queue of people is standing in line. A sign with the letter 'Q' is visible in the queue.</p>
<p>4: How can I influence or improve the situation?</p>	<p>5: What can I learn from this?</p>	<p>6: What will I do differently next time?</p>	<p>7: What can I find that's positive in this situation?</p>

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# 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.

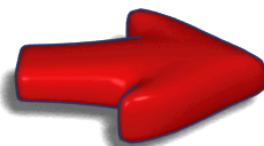
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Hippo Time is OK

# Introducing Hippo Time



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# Where is this on a scale of 1 -10?

- You lose your 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

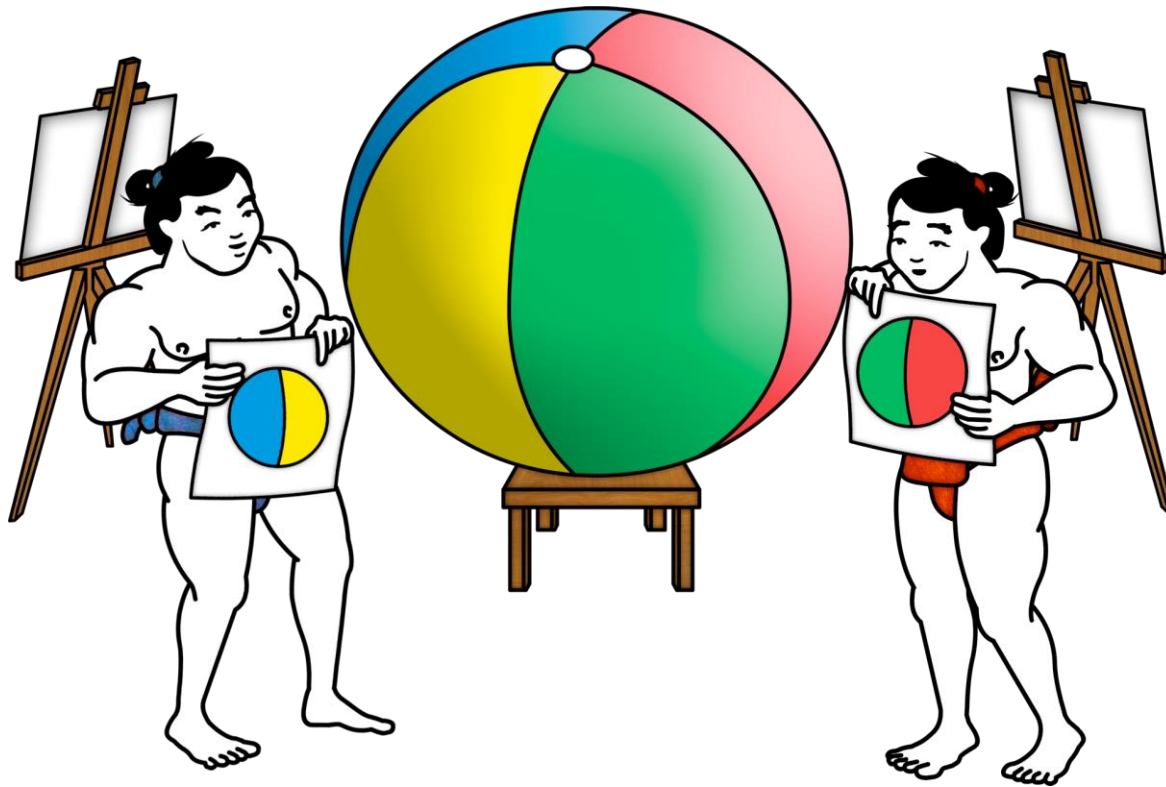


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# Remember the Beachball



# 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.

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# Visual Perspectives



Can you find the hidden tiger?

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Describe what you see in one word



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# The Four Main Influences



AGE



VALUES



MOOD

PERSONALITY





# 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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# If the World was About to End



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# Ditch Doris Day (or dare to dream)



# 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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# Ingredients for Success

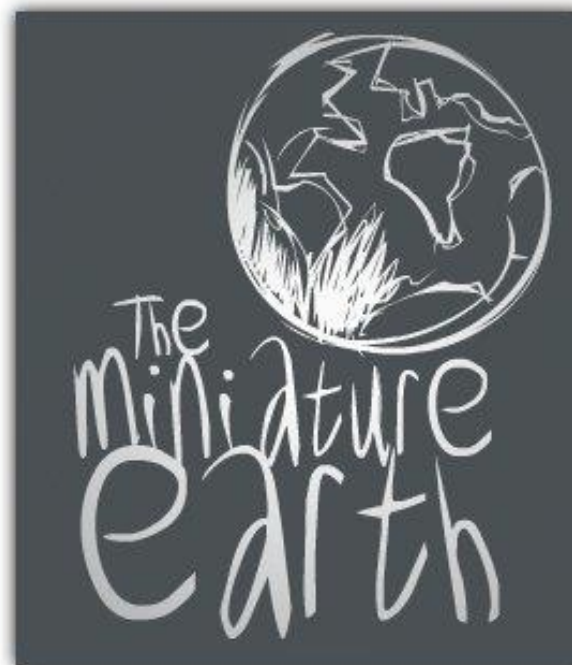


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# The Miniature Earth



Click on the picture to watch The Miniature Earth Video.





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PASSIONATE ABOUT EDUCATION ?

## SUMO4SCHOOLS PRIMARY

### RELEASING POTENTIAL ... SKILLS FOR LIFE !™

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.

ENQUIRIES ▶

NEWSLETTER ▶

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SUMO GUY