

## The “TIP” Jar

### Materials:

- scissors
- pens/pencils
- a few pieces of paper for each member
- a jar or other container

### Preparation:

Hand out pens/pencils, scissors and paper to each member. Using scissors, cut one piece of paper horizontally into approximately eight strips. Save the others for taking notes.

## A Meeting in a Bottle

### Share Support

One of the great things about our TOPS chapter is that it's a safe and supportive place where we can come to share our ups and downs.

In this chapter activity, we'll create a “tip” jar—a meeting in a bottle—that will help us open up about what has or has not worked for us and why.

### Tips to Get (and Stay!) Fit

At TOPS, we work hard to Take Off Pounds Sensibly. Some surefire ways to lose weight are to Get Connected, Eat Better, Move More and Be Well. Sometimes, it's tough for us to talk about ourselves during a meeting and we need a little extra help. Let's take a look at the above categories and take a little time to come up with a few short topics we'd feel

comfortable discussing in a group setting.

For example, a question for the Move More category could be, “How specifically can you increase your physical activity?” For Eat Better, you could ask, “Do you eat breakfast every day? If so, is it a healthy one?” Then, whoever pulls these questions from the jar shares his or her tips for success. Let's each write one question for each category on our strips of paper.

### Caring Conversations

Now, add your questions to the jar. We'll take turns picking “tip slips” and sharing our own experiences. Feel free to jot notes about tips you'd like to try.

When everyone in the chapter has had a chance to answer a few questions, let's go around and each let the others know a tip we've learned from the discussion that we plan to put into practice during the coming week.



You can keep your tip jar handy as a backup meeting in a pinch.

*Having a hard time coming up with questions?  
Here are a few to get you started.*

What challenges do you have with family and friends on your weight-loss journey? Share your experiences and how you have handled them.

Are you eating the recommended five servings of vegetables each day? Share tips for adding vegetables to your daily meals.

Have you ever kept a food diary? What did you learn from it? If you haven't ever kept one, how can you start now?