

# Positive Attitude

**ATTITUDE** means the way someone thinks, feels, and responds to situations. Attitude is a person's outlook on life.

**A POSITIVE ATTITUDE** means that a person looks for good in every situation.

## LESSON 1

Read the definition of **POSITIVE ATTITUDE**. On the board, draw a picture of a glass with the fill line in the middle. Ask students if they would describe the glass as "half full" or "half empty." Read: **People often use this simple example to illustrate a positive outlook. By seeing the glass as half full, they are focusing on the amount of water that is still in the glass, rather than how much is already gone.** Consider a twist to the idea by asking the class to imagine that the glass is filled with bitter tasting medicine. Ask them which description, half full or half empty, would show a positive attitude. (You've already taken half, so there is only half to go.) Encourage students to build a positive attitude.

**School/Home Link** - Ask students to repeat the activity of the "half full" glass with a family member.

## LESSON 2

Review the definition of **POSITIVE ATTITUDE**. Teach students that a "Can-Do" attitude is used to identify a positive attitude. Write the words "**I Can**" and "**I Can't**" on the board. Read: **There is power in both of these phrases. "I Can" provides energy and motivation, while "I Can't" creates doubt and despair. A "Can-Do" attitude can help you overcome all kinds of challenges.** Discuss, or have students role-play what will happen if the student says "I can" or "I can't" in each of the following scenarios. **1) Taylor wants to enter a project in the science fair, but is nervous since he has never done one before. He says... (I can't / I can). 2) Meredith wants to try to win the class spelling bee. When she sees the hard words on the list, she says... (I can't / I can).** Have students compare and contrast each possible outcome and think of others as time allows.

**School/Home Link** - Ask students to talk to a family member about the power in the phrase "I Can."

## LESSON 3

Review the definition of **POSITIVE ATTITUDE**. Write the saying: "**Every cloud has a silver lining**" on the board and discuss its meaning. Read: **There is something to be gained, even when things go wrong or don't turn out as planned.** Teach students that it takes practice to be hopeful when bad things happen. Read: **The opposite (or antonym) of a positive attitude is a negative attitude. Research shows that optimistic (or positive) people are healthier, happier, and more successful than people who are negative.** As time allows, invite students to think of situations to support this finding.

**School/Home Link** - Ask students to discuss the difference between a positive and negative attitude with a family member.

## LESSON 4

Review the definition of **POSITIVE ATTITUDE**. Ask students to raise their hand if they like eating lemons. (Some may like the sour taste.) Ask students to raise their hand if they like lemonade better than plain lemons. Write the following saying on the board: **When life gives you lemons, make lemonade.** Ask students how this saying relates to having a positive attitude. Read: **It means turning something negative (or sour) into something positive (or sweet).** As time allows, write a simple lemonade recipe on the board for the students to copy. Example: Squeeze 4 fresh lemons; add 1/2-cup sugar and 2 quarts of water. Stir and add ice. Ask students which ingredient they think will make the drink taste sweet. Encourage them to use a positive attitude whenever they are faced with something negative.

**School/Home Link** - Ask students to share the phrase "When life gives you lemons, make lemonade," with a family member.

## LESSON 5

Review the definition of **POSITIVE ATTITUDE**. Write on the board: **I Choose My Attitude.** Read: **Having a positive attitude is a choice each person can make. While people and circumstances can make us mad or sad, we alone choose how we respond.** Help students understand that much of what happens in life is not within their direct control (illness, accidents, other people's choices), but how they respond is completely (or 100%) their choice. Read the quote by Irving Berlin: **"Life is 10 percent what you make it and 90 percent how you take it."** Invite students to interpret this quote. Reinforce the idea from the quote by asking students to complete the following math problems. Write on the board: **90 ÷ 10 = \_\_\_\_ (9)** Ask: **Which is the dividend? Which is the quotient?** Tell students to remember the equation the next time they have to respond to a difficult situation.

**School/Home Link** - Ask students to create an "I Choose My Attitude" chart with a family member.