

# 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**. Read: **Having a Positive Attitude means a person looks for something good in every situation. A positive attitude can help you do things that may be hard. To help them understand this concept**, tell your students a recap of the story of *"The Little Engine That Could,"* who pulled a heavy train over a steep mountain while repeating over and over: "I think I can, I think I can, I think I can . . ." Discuss the challenges the little train faced. (He was small, had a tall mountain to climb, had a heavy load he to pull, had never climbed the mountain before, etc.) Ask students if they ever feel small or weak like the little train? Encourage students to believe in themselves and remember the motto: "I think I can . . ." As time allows, have student line up, one behind the other, and pretend that they are a train. Have students take turns being the "Little Engine that Could."

**School/Home Link** - Tell Students to tell a family member the story of *"The Little Engine That Could."*

## LESSON 2

Review the definition of **POSITIVE ATTITUDE**. Teach students that a "Can-Do" attitude is another name for a positive attitude. Draw two circles on the board and write the words "I CAN" in one circle and "I CAN'T" in the other. Read: **There is power in both of these phrases. "I CAN" provides motivation, while "I CAN'T" creates doubt. 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) Katie had been trying hard to learn how to play soccer with no success, and was getting discouraged because the ball goes the wrong direction. She says . . . (I can't / I can).** **2) Cameron was having a hard time learning to read. The words were long and unfamiliar to him. He says . . . (I can't / I can).** **3) Laura was disappointed with her art project, because the paint kept going outside of the lines. She says . . . (I can't / I can).** Mark a line through the "I CAN'T" circle telling students to try to avoid using that phrase. Encourage students to build a "CAN-DO" attitude.

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

## LESSON 3

Review the definition of **POSITIVE ATTITUDE**. Ask students how they feel when it is raining and they can't go outside. (Answers: disappointed, sad, etc.) Explain that with a positive attitude, they can find something good about things that may go wrong. Ask them to think of fun things that they could do inside on rainy days. (Answers: play games, color, etc.) Help students practice positive thinking by looking for good in challenges they might face. **1) The picture you colored got torn.** (I can make another one.) **2) Your friend is mad at you.** (I can apologize.) **3) You lost your favorite toy.** (I am lucky I have other toys.) Tell students to practice finding good in each situation.

**School/Home Link** - Ask students to talk with a family member about positive thinking.

## LESSON 4

Review the definition of **POSITIVE ATTITUDE**. Ask students to raise their hand if they like lemons. If students raise their hand, have fun by having them explain what they like about the sour, mouth-puckering taste. Ask students to raise their hand if they like lemonade. Read the saying: **When life gives you lemons, make lemonade.** Discuss its meaning with students. Ask students how this saying relates to having a positive attitude. As an extended activity, invite students to think of the ingredients contained in homemade lemonade. Record the recipe on the board for students and explain to students how to make real homemade lemonade. An example follows: (Squeeze 4 fresh lemons; add ½ cup sugar and 2 quarts of cold water. Mix well and pour over ice.) As time allows, have student write the recipe down to share with a family member.

**School/Home Link** - Ask students to ask a family member to make some homemade lemonade with them.

## LESSON 5

Review the definition of **POSITIVE ATTITUDE**. Ask students to repeat the following statement: **I choose my attitude.** Have fun asking students what things they are able to choose. (Examples include: which clothes to wear, what snack to eat, friends, etc.) Teach them that being positive is a choice each person can make. Explain that while people and circumstances can make us mad or sad, we alone can choose how we will respond. Brainstorm ways students can show a positive attitude. (Examples include: smile, be friendly, be helpful, etc.) As time allows, invite students to stand up and say aloud one way that they can show that they have a positive attitude today. Encourage students to choose to have a positive attitude.

**School/Home Link** - Ask students to choose positive attitude qualities to share with a family member.