



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.

Activity 1

Help your child understand that **ATTITUDE** is the way someone thinks, feels and responds to situations. Discuss how an attitude is a person's outlook on life and that people can actually choose their attitude. Explain that people with a **POSITIVE ATTITUDE** look for good in every situation. Teach your child that attitude refers to how he or she looks at or "sees" things. Ask your child to imagine wearing a pair of red-tinted glasses and describe what his or her room would look like (everything would have a pinkish tint). Have fun with your child looking through someone else's glasses or through the wavy plastic of a colored soda bottle. Explain to your child that *Attitudes* can be thought of as the lenses in a pair of glasses. Talk with your child about which "glasses" (attitudes) make him or her the happiest.

Activity 2

Talk to your child about the meaning of the word "contagious" (something that is passed from one person to another). Together with your child, think of things you can "catch" from another person like a cold, the flu, or even a yawn. Read the following quote to your child: *"Attitudes are contagious. Is yours worth catching?"* Have your child answer the question at the end of the quote and work together to create the kind of attitude people will want to catch.

Activity 3

Help your child learn that even when things are very hard, we can find something positive about them. Explain that thinking positively doesn't make the difficulties disappear; it helps build an attitude that will strengthen and help get through the hard times. Play an "Attitude Game" with your child. Begin by stating a challenge such as: It's raining outside and we were going to ride bikes. And then, follow with a positive opportunity such as: "Now we can do an art project." Another example could be: "It's bad because I broke my leg. Now my friends can write their names on my cast." Take turns with your child to help reinforce the power of positive thinking. Continue playing the game as time allows.

Activity 4

Talk with your child about the weather today and ask what kind of weather he or she would choose if he or she could create a perfect day. Think of the "climate" inside your home. Describe the feelings in your home in weather terms: cloudy, gray, rainy, warm, bright, or filled with sunshine. Explain how kind words and a positive attitude can really brighten up the world. Make a plan together to create the perfect climate in your home.

Activity 5

Ask your child to describe how he or she feels after:

- Watching a funny movie where someone gets hit with a pie.
- Watching a sad movie where someone gets hurt.
- Listening and dancing to happy songs.
- Laughing and telling fun jokes to his or her friends.

Discuss how our attitudes can have a big impact on how we feel. Tell your child that scientists have found that being happy and laughing can actually change our brain chemistry and make us feel good. Do one of the fun activities listed above (or another of your choice) together.