

ATTITUDE

OBJECTIVE

- Understand the importance of a positive attitude.
- Determine how to cultivate a positive attitude about yourself, your life, your day and your future.
- Practice positive self-talk.

ITEMS NEEDED

- Skittles

CLASS GUIDE

1. Welcome
2. *Radiant Affirmations*
3. Presentation - Positive Attitudes
4. Activity - Color Me positive
5. Conclusion

SOCIO-EMOTIONAL SKILLS

Self-Awareness/Critical Thinking:

- Identifying personal, cultural, and linguistic assets
- Having a growth mindset
- Developing interest and a sense of purpose

MAIN IDEA

This week's topic focuses on the power of a positive attitude. Often students can not control their environments or the things that have happened to them in life, but they do control their attitude. It is important to help students understand that attitude is a major determining factor to daily success. A positive attitude does not mean avoiding reality but rather chooses to face reality with energy, passion, hope and courage.

PRESENTATION

ASK THE STUDENTS

Have you ever had a negative attitude? How has it affected your day?

Share the following quote as you begin the discussion on attitude:

"Your attitude colors every aspect of your life. It is like the mind's paintbrush. It can paint everything in bright, vibrant colors—creating a masterpiece. Or it can make everything dark and dreary. If you look at the lives of people in any profession who achieve lasting success, you will find that they almost always possess a positive outlook on life." John C. Maxwell

ASK THE STUDENTS

Under each category below, what are some examples of a negative attitude?

- 1. About Yourself** – These include negative thoughts about your body, your “flaws,” your talents, your abilities and comparing yourself to other people. If possible, show the video from Allure. Explain that negative thoughts about yourself can lead to eating disorders, depression and self-harm like cutting.
- 2. About Your Day** – Negative thoughts can occur about school, facing situations, doing unpleasant/not fun things or being exhausted by too much to do. This can cause everything to feel overwhelming.
- 3. About Your Life** – These include negative thoughts about your circumstances, where you come from or what has happened in your life. While your reality might be anything but ideal, it doesn’t mean that it always has to stay that way.
- 4. About Your Future** – Negative attitudes about your future can include being worried about what’s to come, being discouraged about your future plans and feeling like the circumstances of today will never allow you to have a good future.

Share the following quote as you begin the discussion on attitude:

“Two forces fight within my heart. One is dark ... and one is smart. The new, I love; the old, I hate. But the one I feed will dominate.” Jeanne Mayo

You can either choose to feed a negative attitude or a positive attitude. Whichever one you feed, will grow. A positive attitude doesn’t mean living in a fairytale or not facing reality. It is choosing to find positive things to focus on despite the circumstances. Often, you can’t stop negative thoughts from coming to your mind but you can choose to embrace them or change them.

ASK THE STUDENTS

Since feelings can create negative attitudes, should we make decisions based on them or allow our feelings to dictate our choices?

Feelings and emotions serve a purpose to help us experience life, both the good and the bad. They should never be suppressed or ignored. Emotions can indicate when we need to deal with something, especially ones like anger and sadness. In a later class, we will discuss this more.

Feelings and emotions should not be the basis of our decisions. They can serve as indicators and help us express our current mood but if we base our decisions off feelings, then we can end up doing things we regret since feelings can change. Feelings about quitting school or activities are valid and should be processed, but not necessarily acted upon. Feelings about insecurities should be addressed and communicated but not necessarily impact our decisions. For example, just because I may feel ugly or fat, doesn't mean I should start self-harming or develop an eating disorder.

Having trusted people like mentors in your life can help you process your feelings in a safe and healthy way so that you don't make rash decisions that may have long term negative impacts.

ASK THE STUDENTS

How do you change a negative attitude into a positive attitude?

- Be grateful
- Find something good
- Speak positivity even if you don't feel it
- Ask for help
- Encourage yourself
- Don't judge
- Let go of perfectionism
- Have hope
- Stop complaining
- Be around empowering people
- Embrace all of yourself
- Journal
- Have faith in yourself
- Be optimistic about the future
- Sleep
- Be open and vulnerable

ASK THE STUDENTS

What are some of the benefits of having a positive attitude?

List the following things:

- Makes you feel better
- Helps you enjoy life
- Keeps you focused
- Contributes to healthy relationships
- Increases ability and capacity
- Encourages and inspires other people
- Attract similar people

Introduce the activity and encourage the students to practice intentionally thinking about and speaking something positive.

ACTIVITY

COLOR ME POSITIVE

Give each student a small bag of Skittles. Students take turns picking a Skittle out of the bag and answering the question that accompanies that Skittle color.

Write the following on the board:

Red	About yourself ("I like my height.")
Purple	About your life ("I have people in my family that care about me.")
Orange	About your day ("I'm going to have fun at sports practice.")
Green	About your future ("I'm going to go to college for nursing.")
Yellow	Any positive statement ("I am smart.")

CONCLUSION

Conclude the class by sharing the following quote and encouraging the students to choose to have positive attitudes this week:

"If you don't like something, change it. If you can't change it, then change your attitude." Maya Angelou

Remind students: "If something is significant, then it's valuable. And, if something is valuable, then you should take care of it."