
Developing a Positive Attitude

Experience Sheet and Discussion

Objective:

The students will:

- Understand how positive and negative attitudes are developed.
- assess and control their attitudes.
- avoid negative effects from carryover attitudes.

Materials:

one copy of the experience sheet, “What’s Your Attitude?” for each student

Directions:

Write the word “Attitude” on the board. Ask the students what kind of an *attitude* they came to class with today. After everyone has responded who wants to, in your own words say to the students, *An attitude is a mental position or posture of the way you feel inside, and just like physical posture, attitude is affected by you thoughts and*

feelings. Since you have different feelings and thoughts about different things, you probably have many different attitudes, too. For example, your attitude toward studying may be quite different from your attitude toward playing sports. Or, your attitude about texting your friends might be very different from you attitude toward math class.

Pass out the experience sheets to the students and provide time for their completion. Explain that through reading and completing the experience sheets they have an opportunity to reflect on the attitudes they each carry around.

When the students have completed their experience sheets, lead a discussion using the following and your own questions.

Discussion Questions:

1. What did you learn about the power of attitude from these experience sheets?
2. What is the attitude you carry around most of the time?
3. How does a positive attitude benefit you?
4. How can a negative attitude cause you problems?
5. Do you ever find yourself picking up on the attitudes of those around you?
6. How can you have control over your own attitudes?

What's Your Attitude

Student Experience Sheet

Even though attitudes are inside, they usually show. That's because we express our attitudes by the things we say and do. We express them through our words and our faces. They show in our energy level and in the choices we make.

Think of a time when you *strongly disliked* a person's attitude. See if you can describe how that person came across. You might get some ideas by looking at the list of words below.

Now, think of a time when you *liked* or *admired* a person's attitude. Again, see if any words on the list below describe how the person came across. Describe that person's attitude in the space below.

arrogant
sullen
angry
argumentative
defensive
bored

bossy
critical
reluctant
complaining
careless
whiny

afraid
wimpy
cheerful
eager
adventurous
industrious

confident
interested
kind
responsible
helpful
humble

Carryover Attitudes

Everyone has days when things go wrong. Your parent yells at you. You have a fight with your boyfriend or girlfriend. You lose your brand new jacket. A problem in your family or a bad grade on a test causes you to get upset. You feel frustrated or sad — or perhaps you walk around all day carrying a mixed load of guilt and anger. What is likely to happen as your day goes on?

Think of a time when you carried a bad attitude from one place to another.

What caused the bad attitude?

How did you express this attitude?

If you got grease on your hands from working on your car, or if you got dirt on your hands from pulling weeds, you'd wash it off before doing something else. You wouldn't want the grease or the dirt to get on other things you touch — your computer, your clothes, the food you eat, etc.

Take the same precaution with your attitude. Clean it up before you get involved in something else. Don't let your frustration, sadness, guilt, or anger touch others around you. Don't make other people suffer because you're having a bad day.

Carry over positive attitudes ONLY!



Assessing Your School Attitude

A school attitude is an expression of your thoughts and feelings about school. Your teacher and other students will probably think you have a good attitude if you are eager to try new things, work hard without supervision, stick with hard tasks, are cheerful, accept responsibility, and obey rules.

What was your attitude at school today?

How did you show your attitude?

Pay attention to the attitudes of other other kids and teachers at school. When someone's attitude really stands out — whether good or bad — write down what you see. (Be subtle. Don't stare, and do the writing later.)

Type of Attitude	How Expressed	Effects of Attitude