

# Introduction to Positive Attitude

**Leader Notes:** Students will discuss and share thoughts about cooperation creating a classroom definition of cooperation.

**Time:** 5-15 minutes

**Grade Level:** K-6

**Getting Ready:** Create a space for students to sit together to discuss positive attitude.

## Set up

- Ask students: If you did real well on a real difficult test that you had been worried about, and your teacher said to you, “Nice job, you had a real positive attitude,” what would your teacher mean.
- Did you ever notice when someone had a bad attitude? Were they happy or mad?

## Action

- Discuss the following questions with students.
  - What does having a positive attitude look like at school? At home?
  - What’s the best way to show a positive attitude?
  - What is something you could say to someone who doesn’t have a positive attitude?
  - When you are not feeling very confident what is something you can say to yourself to give you a better attitude?
  - When is the best time to have a positive attitude?
- Create and write out your classroom definition of positive attitude
- Post the definition on the outside of the classroom for everyone to see.
- *Example: Positive Attitude is having confidence in yourself and looking on the bright side of things.*

## Share

- In what ways can you show positive attitude in our classroom?

# Positive Attitude

What Positive Attitude Means to Room\_\_\_\_\_

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# Positive Attitude and You

**Leader Notes:** Students will brainstorm and discuss the concept of positive attitude, creating 5 actions they will commit to keeping.

**Time:** 5-20 minutes

**Grade Level:** K-6

**Getting Ready:** Copy of one Action Plan worksheet. Using the questions listed below; choose the ones you would like your students to answer.

*Note: This can also be done as a writing exercise.*

*Note: As a sponge activity choose one question a day for discussion or journal.*

## Set up

- Review your definition of positive attitude.

## Action

- Discuss the following questions with students:
  - Name one person you think has a positive attitude and why?
  - Name one person in your family that has a positive attitude.
  - Name one person in this classroom that takes has a positive attitude
  - Tell us about a time you did not have a positive attitude
  - How do you show positive attitude in the classroom?
  - How do you show positive attitude on the schoolyard?
  - How do you show positive attitude at home?
  - How do you show positive attitude with your friends/family?
  - How does it feel to have a positive attitude?
  - How does it feel when you are not having a positive attitude?
  - What are reasons people do not like having a positive attitude?
  - What is one area you can have a more positive attitude?

## Share

- How can we show respect in our classroom, school, playground, home and cafeteria?
- Get an agreement from everyone that they will work on having a positive attitude everyday.
- Using the Action Plan worksheet, create 5 actions the class can commit to and post outside the classroom for everyone to see.

*Special Note: Are there consequences if the Action Plan is not kept and are they clear to all the students?*

# Positive Attitude Action Plan

We in Room \_\_\_\_\_ commit to these 5 Positive Attitude actions:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_