

Character Theme:

Positive Attitude

Maintaining a positive attitude even in difficult situations is an important character skill that will help students achieve success. Students need to learn to recognize the causes and results of negative attitudes and see how those attitudes affect others around them. They can then work toward changing negative attitudes into healthy ones. Having a positive attitude equips students with the ability to learn and grow through their fears and frustrations and interact appropriately with others .

P O S I T I V E A T T I T U D E	Schoolwide activities to teach <i>Positive Attitude</i> are provided in the <i>WiseSkills Administrator's Handbook</i>.	
	<i>WiseSkill</i>	Objective
	1. Keeping a Positive Attitude	Students will see the importance of maintaining a positive attitude even in difficult situations.
	2. Positive Speech	Students will understand the power of words and will see the importance of speaking positive words to others.
	3. Positive Thoughts	Students will learn how their thoughts affect their attitudes and actions and see the importance of having positive thoughts.
4. Thankfulness	Students will see the importance of being thankful for what they have and receive.	

Service-Learning

- 1. Thanks Gift**
Have students make something special--a painting, card, etc.--for someone in their lives they are thankful for.
- 2. Kind Words**
Make a list on the board of kind words that students can say to people. Have students say those words to one person in their family and then discuss as a class how they felt and how others responded.
- 3. Positive Attitude Advice**
Have older students write a few sentences of advice about how to keep a positive attitude. Have them visit classes of younger students and read their advice .

Media Issues

- 1. Attitudes of a Character **TV****
Have students describe a TV program they watched and whether the main character showed a positive attitude.
- 2. Movie Character **Movies****
Discuss a current popular children's movie and how a character's attitude changes throughout the story.
- 3. Our Thoughts **Movies, TV, Games****
Have students tell about how a TV program, movie, or game has affected their thoughts. Explain that our thoughts and attitudes can be affected by what we choose to watch.

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Language Arts

1. Positive Attitude Words

Have students make a list of words that describe positive attitudes. Put the words on cards and post them around the room. Refer to the words when students show a positive attitude.

2. Sharing About People

Have students share about people they know who demonstrate a positive attitude. Have them bring to class some items that belong to those individuals.

3. How to Change My Attitude

Have students work with their families to make a list of things they can do when they are having a negative attitude.

4. Story Characters

Discuss how characters in stories students have read or listened to show positive or negative attitudes and the positive or negative consequences of those attitudes.

5. Advice to a Character

Choose a student to come to the front of the class and pretend that he/she is a character in a story students read or listened to. Have the rest of the class give the character advice about how he/she could have changed his/her attitude in the story.

Social Studies

1. Family Interviews

Have students ask some family members what the word **attitude** means. Have students tell the class what their family members said.

2. Character Qualities

As a class, make a list of the qualities of someone students have learned about recently. Explain how those qualities relate to having a positive attitude.

3. People in Our Community

Discuss the different people/jobs in your community, what each person contributes, and what to be thankful for about those people (doctors, police officers, fire fighters, bus drivers, etc.). Create a visual display titled "People We are Thankful for in Our Community." Include students' drawings and short sentences about what students are thankful for.

4. Saying Positive Words

As a class, make a list of the positive words students can say to people who do different jobs in their school and community (yard supervisor, cashier in a store, bus driver, nurse, etc.). Discuss how students think the positive words will make these people feel.

Person	What Positive Words You Can Say

5. Positive Attitude in the Real World

Visit a local business, agency, or other organization. Have students ask people questions that relate to the principle of *positive attitude*, such as

- "What are you thankful for in working here?"
- "How do you change a bad attitude into a good attitude while working?"
- "What positive words do you say to others while you are working?"

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Math/Science

1. Scientists With a Positive Attitude

Discuss how scientists have to have a positive attitude by asking questions about how something works and then working hard to find an answer to those questions by doing experiments.

2. Working on Math

Have students describe how they feel when they are working on a math problem. Discuss ways they can have a positive attitude on their math work when they are getting frustrated.

3. Saying Positive Words

After students work together in small groups for a science or math lesson, have each student say something positive about someone in the group he/she worked with ("Thank you for helping me," "That was a good idea," etc.).

4. Science-Related Job: Keeping a Positive Attitude at Work

Have a speaker in a science-related occupation talk with students about the work he/she does, bringing in items to explain to students. Have the speaker describe how he/she keeps a positive attitude at work.

5. Positive Thoughts When Learning

When beginning a math or science lesson, ask students, "Who thinks he/she will be able to learn what we are going to learn about now?" Emphasize the importance of having positive thoughts, especially when starting new things. Having confidence that they can do something will help students be successful in what they do.

Arts

1. VISUAL ARTS: Positive Attitude Mural

On a large piece of butcher paper, make a mural showing people demonstrating positive attitudes. Display the mural in a school hallway.

2. VISUAL ARTS: Attitude Book

Have students make a book of drawings that show people demonstrating positive attitudes in a variety of situations.

3. PERFORMING ARTS: Positive Attitude Skits

Have students act out different scenarios in which someone is faced with choosing to have a positive or negative attitude. Have students perform the skits and have other students give suggestions to characters in the skits about how they could choose to have a positive attitude.

4. PERFORMING ARTS: Facial Expressions

Explain that our facial expressions often show what we feel inside. Have students show facial expressions of how they would feel if

- They had a bad attitude about cleaning their room
- They had a positive attitude about going to an amusement park
- Someone just said something nice to them
- Someone just said something mean to them
- They were having thoughts about saying something mean to someone
- They were thankful for someone in their life

4. MUSIC: Music & Feelings

Play different kinds of music for students--classical, jazz, folk, rock, rap--and ask students how the music affected them. Discuss whether the music made them have a positive or negative attitude (did it make them feel happy, sad, etc.). Explain that music affects how we feel and can affect our attitudes.



Patience

Objective

Students will see the importance of having patience.

WiseWords



Patience helps you more than using force.

Edmund Burke



Patience and the mulberry leaf become a silk gown.

Chinese proverb



A little patience is worth more than a lot of brains.

Dutch proverb.



Do what nature does; be patient.

Ralph Waldo Emerson 



If you are patient, you will often get what you want.

Benjamin Franklin



Only with winter-patience can we bring/
The deep-desired, long-awaited spring.

Anne Morrow Lindbergh




Good things will happen to the person who waits.

Henry Wadsworth Longfellow



Patience can make us stronger inside.

Saint Paul 




The person who has patience can do anything.

Francois Rabelais




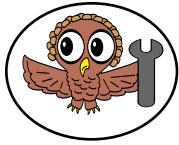
If you are patient, you will reach your goal; but if you hurry,
you will rush to your failure.

Sa'di 



Patience is better than strength. Controlling
your temper is better than capturing a city.

King Solomon 



Patience

Discussion Topics

- Have students share about times when it was hard for them to wait for something. Discuss and define **patience**. Explain that patience is being able to wait even when you don't want to or feel like waiting.
- Discuss the relationship between **trust** and **patience**. Explain that when we wait a long time for something, we may feel the person we are waiting for has forgotten about us or doesn't care about us. That is when we need to trust the person we are waiting for.
- Have students share what they usually do when they are impatient [get angry, yell, get quiet, etc.].
- Discuss what students can do when it is hard for them to be patient.
 - **show self-control**
 - **find something else to do**
 - **remind yourself to trust the person you're waiting for**
- Have students share with partners about someone they know who is a patient person.

Class Activities

- Have students share with a partner about things they received after waiting a long time. Have some students share with the class and discuss how they were able to be patient.
- In groups or with partners, have students make a list of things that they can be impatient about. Then discuss them as a class and make a list on the board.
- Have students share about times when they did things very quickly but made a lot of mistakes. Explain that when we are impatient, we often make mistakes. So it is better to be patient than to rush something.
- Tell students to wait quietly for 2 minutes. Then ask students what they did while they were waiting [put their head down, read, etc.]. Explain that what they did during those 2 minutes is the same thing they can do when they are feeling impatient.

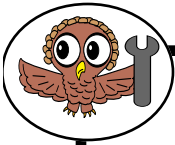
Read Aloud

Nina usually likes going shopping with her mother. But today she is feeling tired and she tells her mom that she wants to go home. Her mother tells her that they have to finish shopping. Nina keeps telling her mom that she wants to go home.

- *What is Nina feeling?*
- *What do you think Nina should do?*

Creative Expression

1. Make a list of things you are waiting for now.
2. Draw pictures of things you have waited for and finally received.
3. Make a plaque to remind yourself to be patient. The plaque should say "Patience is..." with your own words filled in.
4. **ROLE PLAY:** Bill is waiting for his father to take him to his friend's house.



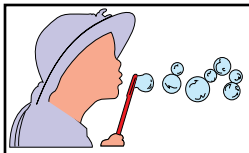
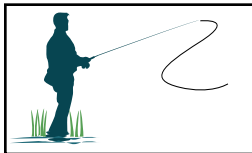
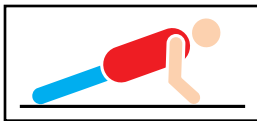
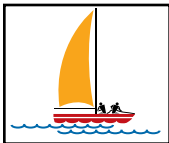
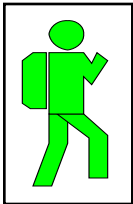
Perseverance

Dear Parent:

Please help your child complete this sheet and discuss the importance of not giving up when things are hard.

Thank you.

Directions: Some of the pictures below show people working hard and not giving up. Draw a line from those pictures to the box on the right.



**Working hard
and not giving up!**