



Dear Parent: Please do the activity/activities checked with your child. Thank you.

Positive Attitude

Ages 8-10

1. Attitude Cards

On cards, each of you write 3 things that give you a positive attitude and 3 things that can give you a negative attitude. Hold the cards in your hand and take turns pulling a card from each other's hands. The person whose card was taken talks about what is written on his/her card. You can try to get all positive or all negative cards.

2. Having a Positive Attitude

Make a list of things people do who have a positive attitude:

- smile • are thankful • are helpful
- cooperate • are friendly

3. Asking Others

Each of you ask 2 different people what "positive attitude" means. Then come back together and discuss what people said.

4. Listing Our Attitudes

Each of you make a list of things that give you a positive or negative attitude. Discuss your lists and encourage your child to take steps to deal with negative attitudes.

Positive Attitude	Negative Attitude

FAMILY SERVICE



Developing *Positive Attitude* Through Service

- As a family, decide on a local or international organization to support. Then have a yard sale and donate the money to the group.
- Collect nonperishable food from your neighbors to donate to a local food bank or soup kitchen.
- As a family, make some clothes or blankets by knitting or sewing and give them to a needy family in your community. You can work with a local homeless shelter or other agency.

STORY WISDOM



Finding Life Lessons in Children's Stories

- Discuss the differences between characters who showed a positive attitude and characters who showed a negative attitude.
- Make a list of the actions (positive and negative) that showed the inner attitudes of characters.
- Discuss different ways a character could have shown a more positive attitude.

MEDIA WATCH



Understanding Media Messages

- Discuss a character on your child's favorite TV program and whether the character usually has a positive or negative attitude.
- Discuss the different or similar attitudes of 2 characters in a recent movie.
- Discuss the kind of attitudes your child has after he/she plays certain video games

DINNER DISCUSSIONS



Discussion Ideas for Meals Together

- Have each family member share about an experience where a negative attitude got them into trouble.
- Remind each other about times when each of you showed a positive attitude in difficult situations.
- Have each family member share about one thing that can give them a negative attitude.

QUOTE CORNER



Thoughtful Sayings to Display & Discuss

For every minute you are angry you lose sixty seconds of happiness. --Ralph Waldo Emerson

Human beings can change their lives by changing their attitudes of mind. --William James

Attitudes are contagious; is yours worth catching? --Anonymous

Parent Signature

YES! Our family has done, or will do this week, the activity/activities checked.

X _____

Parent Signature

Student _____

Date _____