

ATTITUDE: SMALL GROUP ACTIVITIES AND DISCUSSION

Large Group Activity (5 Minutes)

Make a chart on the board with three columns: “At work”, “At home”, and “At school”. Then ask: “What causes you to have a bad attitude in each of these areas?” Students should give responses under each of the three categories. Write the student responses on the board. Toward the end of the 5 minutes, ask this question: “According to your responses, who controls your attitude, you or people around you?”

SHOW THE VIDEO (16 Minutes)

Small Group Questions (15 Minutes - 3 or 4 per group)

Each group should have one sheet of paper titled, “People with good attitudes”, on which they write the word, “ATTITUDE”, going down the left side. For the first part of this activity, student groups will think of all the characteristics of a person with a good attitude within 3 minutes. They should write those characteristics in sentences that begin with each letter of the word ATTITUDE, as in this example:

A: Always sees the best in people and situations.

T: Totally content with what they have.

T: Takes time to “stop and smell the roses.”

Now assign at least 3 of these questions to each student group:

1. List someone you know who consistently has a good attitude. Why do they?
2. List someone you know who consistently has a bad attitude. What things in their life do they allow to give them a bad attitude?
3. How can you have a good attitude, even when things aren't going your way?
4. Does a good attitude depend on the amount of luck you've had recently? Why?
5. If you could, what circumstances would you like to change in your life to help you have a better attitude?
6. People with good attitudes enjoy life more than people with bad attitudes. Why?
7. If a friend has a bad attitude about everything, what are three things you can do to help them change their attitude?
8. What are three ways to avoid or overcome a bad attitude when you can't control a negative environment or bad circumstances?

Group Activity (5 Minutes)

Ask groups to share selected answers to the questions listed above with the rest of the class. Highlight questions #6, #7, and #8 in particular, to reinforce the thought that a bad attitude causes more problems than it's worth, hurts other people, and takes away personal control of one's life.

WRAP-UP: ATTITUDE

A BAD ATTITUDE MAY COME FROM YOUR ENVIRONMENT.

- Social factors like poverty, parents, hard classes, and negative friends can wear you down and give you a bad attitude.
- Poor health or physical accidents or pain can demoralize you.
- The Media and the News can wear you out with a negative, myopic look at the world, where all the news is bad and nothing is good.

A BAD ATTITUDE IS A LOSING ATTITUDE.

- A negative attitude has never won a game with a “come from behind” victory.
- Nobody likes to be with someone who is always saying how horrible everything is!
- A bad attitude prevents you from seeing opportunities. You miss out on a lot of great things because you are so focused on what is wrong with life.

YOU CAN'T ALWAYS CHANGE YOUR ENVIRONMENT, BUT YOU CAN CHANGE YOUR ATTITUDE.

- The day after a heavy rain, you can look down and see puddles and mud, or look up and see a beautiful sky. It's a change of perspective.
- How you get through life is 10 percent what happens to you, and 90 percent how you choose to deal with it.
- Even though things around you are rough, refuse to be controlled by them. Decide to have a good attitude and be in control of your own happiness.

MAKE A DECISION TO CHANGE YOUR ATTITUDE AND START TACKLING PROBLEMS THAT ARE GETTING YOU DOWN.

- You may have to add some new and positive friends to your life. Negative friends will bring you down, and positive, uplifting friends will encourage you!
- With a new attitude, you can conquer any problem! Take it one day at a time, but don't give up. If you look for the good things in life, you will find them.

HOMework: ATTITUDE

HOMework Project: What's in an attitude?

Pick someone you know well who is at least 10 years older than you and has a good attitude. For this assignment, you will need to ask questions about their life, with the hope that you will learn the ways they have been able to have a good attitude. Ask at least the following two questions: (Taking along a tape recorder or video camera for this interview may help.)

1. What is the worst thing that ever happened to you when you were in junior high or high school in these areas: work, relationships, family, school, sports, or other extracurricular activities? How did you feel about it and how did you deal with it?
2. What advice would you give to people my age about having a good attitude through the problems that we will encounter in life?

Then, write a 1-2 page summary of how you can have a better attitude in your life based on what you have learned from the person you interviewed. Include the way this person handled the trials they faced in life, and how you might use their suggestions to change your own attitude about your own problems.

HOMework Project: Changing your attitude about problems.

Little problems can wear you down to the point that they give you a bad attitude. If you don't take care of your problems one at a time, they will overwhelm you. The result can be a bad attitude.

Think about the three biggest problems you have in any of these areas: work, relationships, home, family, school, sports or other extracurricular activities, or self-image. Use a separate piece of paper for each problem. List the problem at the top of each page in the form of a question (i.e., "My Job: How can I make more money?"). You can attempt to solve these problems by first changing your attitude about them. Answer each of the following questions for each problem you have listed:

1. To what extent have you blamed other people for this problem?
2. How do you feel about this problem?
3. If you don't solve this problem, what direction will your life go? (What kind of person will you become in the near future, will it affect others around you, etc.?)
4. Who's going to win: you or the problem? Why?
5. What small steps can you take each day to start overcoming this problem?
6. What new attitude do you need to have to help you solve this problem?
7. Once your problem is solved, how will you feel different about yourself?
8. How will life be better for you once you solve this problem?

Write one to two pages on how you plan to take control of your own life, your own attitude, and the necessary actions to overcome your problems.