

Home Link

Your child is learning about character development through daily academic lessons. This corresponding Home Link provides suggested activities and topics for conversation for use at home. Adapt these activities to fit the needs of your children and family. Enjoy sharing this time with your child.

Positive Attitude

Activity 1 Help your child understand that **ATTITUDE** is the way someone thinks, feels and responds to situations. Discuss how an attitude is a person's outlook on life and that people can actually choose their attitude. Explain that people with a **POSITIVE ATTITUDE** look for good in every situation. Teach your child that attitude refers to how he or she looks at or "sees" things. Ask your child to imagine wearing a pair of red-tinted glasses and describe what his or her room would look like (everything would have a pinkish tint). Have fun with your child looking through someone else's glasses or through the wavy plastic of a colored soda bottle. Explain to your child that *Attitudes* can be thought of as the lenses in a pair of glasses. Talk with your child about which "glasses" (attitudes) make him or her the happiest.

Activity 2 Talk to your child about the meaning of the word "contagious" (something that is passed from one person to another). Together with your child, think of things you can "catch" from another person like a cold, the flu, or even a yawn. Read the following quote to your child: "*Attitudes are contagious. Is yours worth catching?*" Have your child answer the question at the end of the quote and work together to create the kind of attitude people will want to catch.

Keep your face to the sun.
Find good in everyone.

**POSITIVE
ATTITUDE**

Smile

A positive
attitude means
to look for
something good
in every situation.

**POSITIVE
ATTITUDE**



Character
LINKS

Activity 3 Help your child learn that even when things are very hard, we can find something positive about them. Explain that thinking positively doesn't make the difficulties disappear, but it helps build an attitude that will strengthen and help him or her get through the hard times. Play an "Attitude Game" with your child. Begin by stating a challenge such as: "I'm disappointed because it's raining outside and we were going to ride bikes." And then, follow with a positive idea such as: "Now we can do an art project instead." Another example could be: "I'm sad because I broke my leg, but I will like having my friends write their names on my cast." Take turns with your child to help reinforce the power of positive thinking. Continue playing the game as time allows.

Activity 4 Talk with your child about the weather today and ask what kind of weather he or she would choose if he or she could create a perfect day. Explain that "climate" is a synonym (word that means the same) for "weather." Think of the "climate" inside your home. Describe the feelings in your home in weather terms: cloudy, gray, rainy, warm, bright, or filled with sunshine. Explain how kind words and a positive attitude can really brighten up the atmosphere. Make a plan together to create the perfect climate in your home.

Activity 5 Ask your child to describe how he or she feels after:

- Watching a funny movie where someone gets hit with a pie.
- Watching a sad movie where someone gets hurt.
- Listening and dancing to happy songs.
- Laughing and telling fun jokes to his or her friends.

Discuss how our attitudes can have a big impact on how we feel. Tell your child that scientists have found that being happy and laughing can actually change our brain chemistry and make us feel good. Do one of the fun activities listed above (or another of your choice) together.

Signature: _____

**Important
Notes**

**Be
Happy**

In many ways,
people are alike;
however, one little
difference almost
always makes a big
difference. The little
difference is attitude.

William James, over a
century ago, said, "The
greatest discovery of this
generation is that a human
being can alter their life by
altering their attitude."

Attitudes truly are
contagious, and from
time to time we need
to ask ourselves...

"Is mine worth catching?"

*Attitude is more important than aptitude.
It is attitude that determines altitude.*

