

F36-L1

Attitude		Core Competency:F36	Level 1, Introductory
Demonstrate a positive attitude			
Time to complete: 100 minutes			
Objectives	Upon completion of this lesson students will be able to: <ol style="list-style-type: none"> 1. Distinguish between positive and negative attitudes 2. Define attitudes and how they are influenced 		

Cross Competencies	C18 Follow directions G41 Apply critical thinking skills G48 Demonstrate the openness to change H63 Demonstrate an attitude that attracts the attention of management H73 Demonstrate enthusiasm for work.
Core Standards	Career and Vocational/Technical Education: Content Standard 2 and 4 Workplace Competencies Content Standard 3

Materials in Lesson Plan	Other Supplies Required	Supplemental Resources
<ul style="list-style-type: none"> • F36L1ACT1 How Others See Me • F36L1ACT2 Attitude Poem • F36L1ACT3 Dicey 	<ul style="list-style-type: none"> • Envelopes, paper clip, pieces of paper • Access to computer/projector • Simpletruths.com-- www.thepowerofattitudemovie.com 	<ul style="list-style-type: none"> • Sam Glen DVD Series: “A Kid on the Attitude”, “Who put a Lizard in my Lasagna”, “When Change Happens, Adjust your Soils” to order call 1-800-423-6021

MCA	Portfolio Project	Guest Speakers	Program of Work
Civic Engagement	Indian Education for All	Career Pathways	Competitive Events
School Service Project			Decision Making Critical Thinking

Suggested Instructional Approach		Notes
Introduction	<p>Attitudes are generally developed through interaction with our family, peers, teachers, and others. Our attitudes are also influenced by the messages we receive through radio, television, books, magazines, etc.</p> <p>We meet someone on the street – do we smile, frown, or look down at our feet? If we frown or look down, how does that affect the attitude of the other person? If we have a negative attitude in school, we tend to transfer that negative experience to all the experiences we have in school – thus creating more negative attitudes. The great news is that we have a <u>choice</u> about whether we have a positive or negative attitude. We make those kinds of choices every day.</p> <p>How can we adjust our attitudes? How can we learn to be more positive? One way is to give “positive affirmation” or positive self-talk. Negative self-talk would sound like, “Boy, that was dumb!” Positive self talk would sound like, “What a great opportunity to learn something new.” Positive affirmations can be even more powerful if we write them down and say them throughout the day. The more you say them, the more your unconscious mind believes and your attitude changes. Be positive and specific when saying affirmations – no negatives!</p> <p>One of the most important personal traits affecting a person’s success in life is attitude. Attitude is a state of mind or feeling with regard to something. Attitudes can be positive or negative. People can improve their attitudes with practice.</p>	
Preparation	<ul style="list-style-type: none"> • Make copies of student handouts. • If you will be doing supplemental activities, make copies or arrange for the resource as needed. 	

<ol style="list-style-type: none"> 1. Have a large glass of water half filled on your desk. Ask the students if the glass is half empty or half full. Generally, students with a positive attitude will say half full while students with a negative attitude will say half empty. Relate this to how we view the world around us. 2. Present to the class The Power of Attitude movie: Simple Truth www.thepowerofattitudemovie.com 3:30 minutes in length. 3. Encourage feedback after the video clip. What is the video trying to portray? List their feedback on the board. Have the class talk about their own attitudes and what they think about their own attitude; what do they think others think about their attitude. 4. Hand out supplies for F36L1ACT1 How Others See Me. Allow class time to write comments and place them in envelopes. When everyone is finished everyone will try to determine the envelope that matches how others see individual student attitudes. Follow up with discussion questions. 5. F36L1ACT2 Attitude Poem. Read the poem to the class. Ask for feedback. Then have students write their own Attitude Poem. 6. F36L1ACT3 Dicey. This is a fun activity that allows class to get to know one another as well allowing individuals to self reflect on their attitude when being involved in a group activity. 	
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Assessment	Completion of activities	
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Supplemental Activities	<ul style="list-style-type: none"> • Have selected student(s) create a bulletin board illustrating positive and negative attitudes. 	
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