

LESSON 1

OBJECTIVES

Students will:

- Recognize that attitude is a choice.
- Identify and assess external things that impact their attitude.
- Develop strategies to choose an attitude conducive to learning and building relationships.

MATERIALS

- Situation Cards (see Teaching Tools)
- FISH! video

TIME

25 minutes

INPUT/ACTIVITIES

Show the Choose Your Attitude segment from the FISH! video.

“Let’s Talk About Attitude.”

Brainstorm with students what attitude is: an approach, outlook, manner, stance, position, feelings, thoughts, mind-set, way of thinking, opinion, point of view, posture, way of behaving.

Situation Cards Activity

Situation Cards describe things that happen in our lives that, in turn, can affect our attitude. This is only one option for using the Situation Cards. Below are several more ways they can be used throughout the year. Feel free to try different

ways to maintain students’ interest and to meet their different learning styles. You may also write up situations relating to your specific classroom and use them to address situations that need to be brought to the group.

Whole Group

The teacher or student reads the situation and a whole group discussion follows relating to the options the character has, choices that can be made, and actions and consequences that may follow.

Small Group

In small groups, students will read and reflect on a situation. They will identify the options faced by the characters in the situation, consider choices that can be made, and talk about possible outcomes and consequences, if any. They also can select what they believe to be the “best” choice. Students will then create a skit to act out the situation and how they chose to handle it.

Individual Students

Students can read the scenarios individually. Then each student can create a picture or poster of the scenario and present it to the class discussing the options, choices, and actions, and consequences that they believe would follow.

To share their ideas, students can:

- Describe the situation in their own words.
- Identify the options available to the character(s).
- Relate the choices to actions and consequences.

Extension Assignment

Have students research an inspiring person who has triumphed over adversity and describe how choosing a positive attitude impacted that person's life. This can be someone the student knows personally such as a family member or friend; it also can be an athlete, a historical figure, or other person with positive characteristics. Students may then present their research to the class.