

## Attitude work sheet 2

1. Discuss and explain “attitude.” Tell students that one definition is “The way we think, feel, and act about something.” Ask students where they learn attitudes, if they can give examples of positive and negative attitudes, and what they think about having an attitude.
2. In small groups, ask students to devise two charts—one about positive attitudes and one on negative attitudes. If charts use words, suggest use of common expressions such as “I’ll give it a go!” or “I can’t do anything right!” If visual, suggest facial expressions, with or without labels. Be creative, artistic too.
3. Share the charts with the large group.
4. Discuss how we develop our attitudes, the effects on ourselves and others, and the concept of “Self-Talk.”
5. Brainstorm the attitudes that are important for success in school and in the workplace. Explain how to change a negative attitude to a positive attitude. Explain that they will work on their focus attitudes for one week.