Unit Plan - Attitude

**Grade:** High School

**Unit/Lesson:** Positive attitude and self-worth

**Content Area:** *CTE/Employability Frameworks*

*2.2 Personal Qualities*

*Personal qualities are routinely displayed in students’ everyday actions in the classroom — how they participate in lessons, communicate, contribute to the learning environment, treat their fellow students, and govern themselves.*

**Benchmark:**

**2.2.8 Displays a positive attitude and sense of self-worth**

Students contribute positively to the class.

**Description of Unit:** Students will explore what it means to have a positive attitude and how their attitude affects the classroom setting as well as their own well-being. Students will also work on developing a sense of self-worth and using that to contribute positively to the class.

# Lesson

[The Power of Attitude](https://docs.google.com/document/d/12fWgVZVszIxqafrrKPrMswh35CP0Ri3WX4x-2lw3oQo/edit?usp=sharing)

# Supplemental Resources/Lessons:

* I can display a positive attitude in the classroom.
* I can display a sense of self-worth in the classroom.
* I can contribute in a positive way to my classroom each day.

## PMA- Positive Mental Attitude

I can identify things that I am thankful for

I can identify my strengths

“Roll the Dice” game

([Soft Skills to Pay the Bills](https://www.dol.gov/odep/topics/youth/softskills/Enthusiasm.pdf)- Enthusiasm- Dept. of Labor)

Each participant will take turns rolling the dice two or three times and complete the following statement upon each roll: Roll a 1: I am thankful for…

Roll a 2: Other people compliment me on my ability to…

Roll a 3: Something I would like other people to know about me is…

Roll a 4: I feel really good about myself when….

Roll a 5: I am proud of my ability to…

Roll a 6: Something nice I recently did for someone else was…

## Positive Mental Attitude

I can see how my attitude affects other people.

Journal Activity (Soft Skills to Pay the Bills)

Do you think our attitude (whether positive or negative) is something we are born with or that we have power to control within ourselves? Think about a time when your attitude  
(either positive or negative) impacted you and those around you. When is it most challenging for you to keep a positive mental attitude? What do you do to help keep yourself positive during difficult times?

## Positive Mental Attitude

I can change my attitude by focusing on the positive things in life.

Extension Activity (Soft Skills to Pay the Bills)

Have participants keep a log for one week. Ask them to write down 50 (or 40 or 30) great things that happen each day. Encourage them to include even the small things like: someone held the door open for me….I found a quarter on the sidewalk…when I went shopping, the clerk at the store was really friendly and helpful. The goal of this activity is to have participants focus on the positive…and then discuss if they felt any different during the week as a result – either in their interactions with others or in their own feelings about themselves.

Do sharing time in class of the results of this activity.

## Take an Attitude Inventory

I can identify characteristics of a positive attitude, and of a negative attitude.

I can identify areas within me that need to change to make myself a more positive person.

Have students write the name of a person that always seems to have a positive attitude. After everyone has thought of someone, have them talk about why they think that. What actions does that person display that make them a positive person. Next have students write the name of a person who has a negative attitude. Discuss what makes them think this about that person. Finally, ask students what they would like to change that would make them a more positive person.

**Essential Questions:**

What does a positive attitude look like in the classroom?

What are some things I can do to improve my sense of self-worth?

**Web Resources:**

Soft Skills to Pay the Bills- Enthusiasm (Dept. of Labor)

[Self-esteem activities](https://positivepsychologyprogram.com/self-esteem-worksheets/#teens-self-esteem)

<http://www.teachhub.com/5-classroom-activities-develop-positive-attitudes>