

FEBRUARY 20-24, 2012: Positive

Music Department

Opening Hook and Kagan Activity: Single Round Robin (4 minutes)

In groups of two or four reflect on the following quote: "Your attitude is like the aroma of your heart – if your attitude stinks, it means your heart's not right."

- What two things is this simile comparing?
- What does this simile mean? Put it in your own words.
- Come up with your own simile or metaphor about a person's attitude.
- Think about someone who consistently has a good attitude. Why do they?
- Without using names or embarrassing anyone, think about someone who consistently has a bad attitude. Why do they?
- Is your attitude a choice? Does your attitude affect others?

Video and Group Discussion (8 minutes)

Watch this video from *Facing the Giants* and think about the following:

- What is Brock's attitude about Friday's football game?
- How does his attitude affect the team?
- What does the coach do to help him change his attitude?

<http://youtu.be/ISM1mvMypWU>

Take turns sharing out responses to the questions.

Video Summary (Optional)

The video highlights a lesson in attitude, where Brock learns how strong he really is and how his attitude affects his teammates.

Activity: ATTITUDE Acrostic (5 minutes)

Individually or in groups of two or four, think of all the characteristics of a person with a good attitude. On a blank sheet of paper, write the word, "ATTITUDE," going down the left side. Then, write those characteristics in sentences that begin with each letter of the word ATTITUDE, as in this example:

Always sees the best in others.
Totally content with what they have.
Takes time to appreciate the small things.

Take Away (1 minute)

- Do you have a poor attitude toward something?
- What can you do to improve your attitude?
- Choose your attitude. A bad attitude causes more problems than it's worth.