

Lessons in Leadership

Stand Up for Your Greatness™

Attitude Student Activity Sheet

Attitude Is a Choice: What Will You Choose?

Lesson Sequence

1) Read the following definition and quote aloud to yourself:

attitude: manner, disposition, feeling, position, etc., with regard to a person or thing; tendency or orientation, especially of the mind

“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.”

~ Thomas Jefferson

2) Play Attitude video

3) Post-Video Discussion Points

Write the answers to the following questions (if you need more space to write get another piece of paper):

1) Name five people that you know who have an outstanding attitude. What can you learn from them? What motivates them?

2) Who is a role model that you admire? What qualities do they have?

3) What inspires you?

4) What is something you have accomplished through having a positive attitude?

5) What are three things you can do right now to begin having an outstanding attitude?

Attitude Activities

- 1) Define Attitude using a complete sentence. List the action steps you can take to start having an outstanding attitude in your day-to-day life.

- 2) Imagine you are in a situation where your friend is having an issue that could be taken care of with a positive attitude, but they are being extremely negative. Create a role play in which you describe the situation, your friend's actions and word, and what your advice would be to turn the situation around. Perform the role-play in front of a friend, a sibling, a parent or a classroom.
- 3) Create a T-chart of specific examples and non examples of situations that reflect someone having a positive attitude to a peer, someone in school and a loved one.

Positive Attitude Examples	Non-Positive Attitude Examples

- 4) In the space below write a poem or draw a picture representing how it feels when you have an outstanding attitude. What does it look like? What would you see, hear and feel?