

# Lessons in Leadership

## Stand Up for Your Greatness™

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### Attitude Lesson Plan

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#### ***Attitude Is a Choice: What Will You Choose?***

Students will view a video on the topic of Attitude with Ed Gerety. They will speak openly about the provided discussion questions, and then demonstrate an understanding of this leadership principle by working off of the Attitude Task Rotation menu.

#### **Lesson Materials:**

Content – Attitude Video (*23 minutes*)

Discussion Points – Detailed below

Activity – Attitude Task Rotation Menu

#### **Objectives and Goals**

*Students will be able to:*

- Identify the importance of making positive attitude choices and show realization of the connection between attitude and success
- Demonstrate knowledge of the connection between great student leadership and having a great attitude
- Identify the necessary action steps that need to be taken in order to make positive attitude change

#### **Lesson Sequence**

**1) Read the following definition and quote aloud to the class:**

**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**

The video will define attitude, offer images related to the topic, and feature Ed giving leadership training on attitude and how it affects your life.

*23 minutes*

## **3) Post-Video Discussion Points**

Now allow time for students to verbally discuss the following topics and questions in relation to the video and the topic of attitude:

- 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 Activity**

Students have the opportunity to apply their understanding of attitude through a choice of 4 different activities using the 4 different learning styles. You can have each student choose 1 activity, or have each student complete all 4 activities (dependent on your time constraints, your choice).

## Attitude Task Rotation Menu

<p style="text-align: center;"><b>Mastery</b></p> <p>Define Attitude using a complete sentence. List the actions steps you can take to start having an outstanding attitude in your day-to-day life.</p>	<p style="text-align: center;"><b>Interpersonal</b></p> <p>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 words, and what your advice would be to turn the situation around.</p>				
<p style="text-align: center;"><b>Understanding</b></p> <p>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.</p> <table border="1" style="width: 100%; margin-top: 10px; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%; padding: 5px;">Examples</th> <th style="width: 50%; padding: 5px;">Non-examples</th> </tr> </thead> <tbody> <tr> <td style="height: 80px;"></td> <td style="height: 80px;"></td> </tr> </tbody> </table>	Examples	Non-examples			<p style="text-align: center;"><b>Self-Expressive</b></p> <p>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?</p>
Examples	Non-examples				