

Objectives:

- Students will learn how to change the way they see themselves and their abilities.
- Students will be able to speak about their strengths.
- Students will be able to explain why a positive attitude is important.
- Students will learn tips on how to overcome obstacles and mistakes.

Materials Needed:

- “Happy Thoughts” Sheet
- Blank Sheets
- Markers
- Colors
- Pencils
- Emotion Flashcards

Be Like Me Exercise:

Stand tall like a tree. Imagine us having roots. Stand firmly on the ground. Raise your hands straight above your head. Wave them from side to side.

One Takeaway:

Life is like a tree, and our feet are planted into happiness. You can always love yourself even if:

- You feel sad sometimes
- Others are mean to you

Coach Action:

Pick one person whose birthday was this month to distribute the blank sheets of paper to everyone.

Mind Your Minute:

Everyone sit around the coach in a open circle or U shape and be silent for one minute. Close your eyes while in silence.

Blank Sheet Exercise:

Keep your eyes closed and think of all the things that make you happy. Now open your eyes and write them all down. Put a check mark next to all the things that are in your control.

What is the emoji you draw when you're happy?



What is stress?



Why are we not always happy? Do you know how we can become unhappy?
By confusing problems and goals.

What is stress?
Less time + More work

Sometimes we have goals:

Doing homework before mom allows me to watch my favorite show.
I want to finish building my lego toy before the end of this week.
I want to start saving money to go to the movies for my birthday this year.

But sometimes we make difficult goals:

I want to be rich when I turn 20.
I want to get an A in math always.
I wish I can get my own phone this year for my birthday.

And start worrying about it too much instead of spending time on working on them.

Stress Test



Game: Stress Ball Toss



Create Happiness in your life

What is your name?

Annie is disappointed when a class trip is canceled but is happy when her dad suggests a movie that evening. Describe Annie's emotions before and after her conversations with her dad.

What chores do you help around in the house?

How will your friend feels when you help him solve a problem he or she has in class?

You find a bird lying on the road, badly hurt. What will you do next? What can you do to make it feel better?

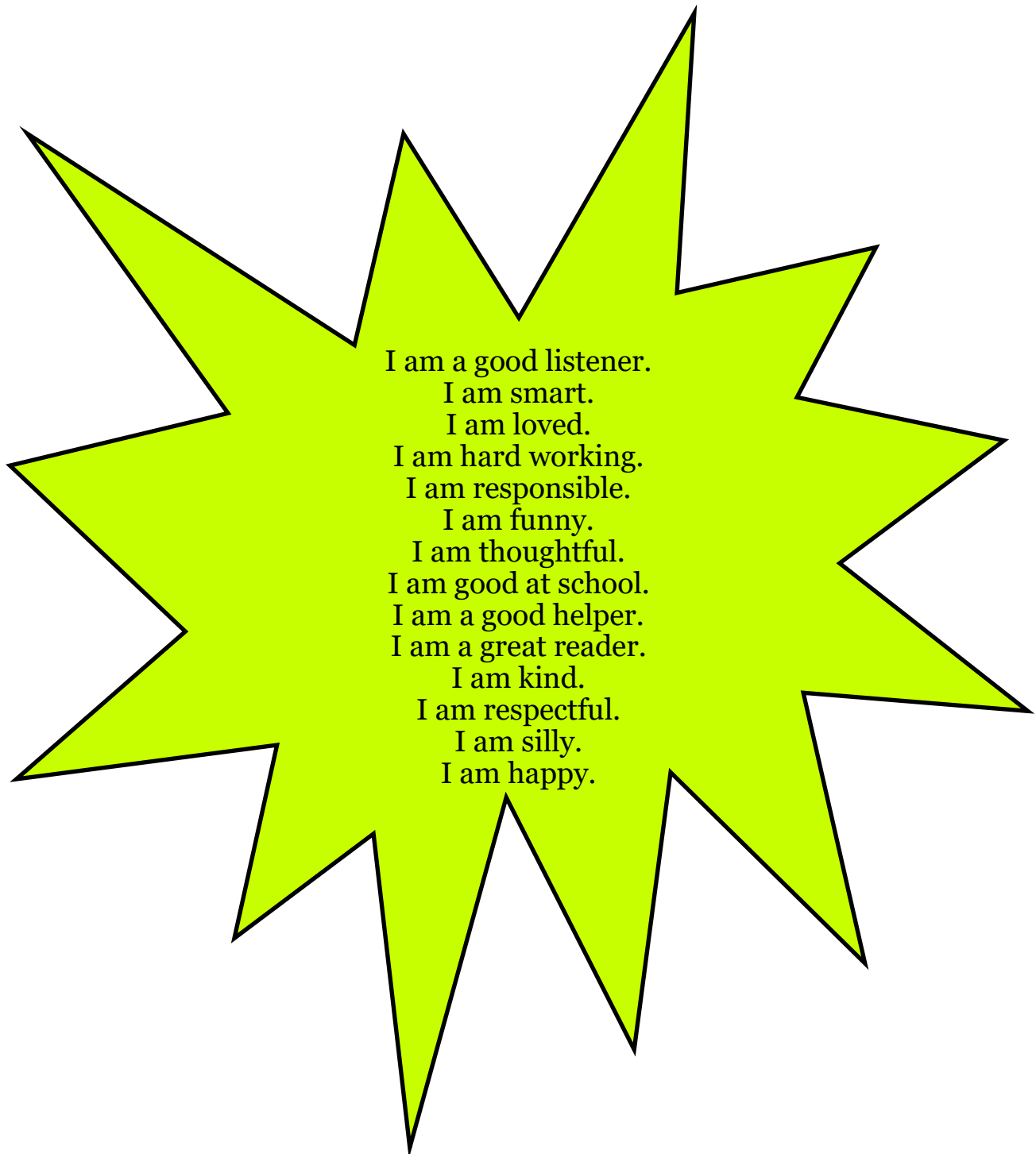
How can you teach someone else how to be happy?

Thought Exercise

Tips on how to be Happy



1. Positive attitude is hard. But having it makes us feel better about ourselves.
2. Stop thinking about what makes you sad.
 - A. If it is about how you did not do well in a test:
 - * Try to do better next time. Work harder. Tell yourself:
 - I will try harder next time.
 - I can work to improve myself.
 - B. If it is about someone being mean to you:
 - * Shrug.
 - * Forget it.
3. Do more of the things that make you happy.



I am a good listener.
I am smart.
I am loved.
I am hard working.
I am responsible.
I am funny.
I am thoughtful.
I am good at school.
I am a good helper.
I am a great reader.
I am kind.
I am respectful.
I am silly.
I am happy.

Happy Thoughts Exercise



Call to Action



- 1. Our Promise:**
No matter how our day is going, we will smile because we make ourselves and others happy by smiling.
- 2. Our Goal:**
To do more of the things that make us happy.
- 3. Our Practice:**
Go home and tell each member of your family something positive about them.
If it is your mother, you can say:
Thank you, mom. I like how you make me yummy mac and cheese.

Always
Choose
Happy

Three Word Takeaway



Color your Progress Doodle:

Name Elizabeth Grade 1

WORDS!

My goal is to read all of these words by October 1!

MY BAR GRAPH

20					
19					
18					
17					
16					
15					
14					
13					
12					
11					
10					
9					
8					
7					
6					
5					
4					
3					
2					
1					

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Creating Readers & Writers

Date: 10-1-11

Color your Progress Doodle