**Directions:** Collaborate with your group to answer the following questions about positive and negative attitudes. Each group will be assigned **3** questions. Within your group, decide which person will assume the following roles. (If assignment is being completed as individuals, students should answer questions 3, 6 and 7).

Recorder: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Time Keeper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Presenter: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. List someone you know who consistently has a positive attitude. Why do they?
2. List someone you know who consistently has a negative attitude. What things in their life do they allow to give them a bad attitude?
3. How can you have a positive attitude, even when things aren’t going your way?
4. If you could, what circumstances would you like to change in your life to help you have a better attitude?
5. People with good attitudes enjoy life more than people with negative attitudes. Why?
6. If a friend has a negative attitude about everything, what are three things you can do to help them change their attitude?
7. What are three ways to avoid or overcome a bad attitude when you can’t control a negative environment or bad circumstance?

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| --- | --- |
| **Question Number** | **Group Response** |
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**Directions:** Collaborate with your group to think of the disposition/characteristics of a person with a good/positive attitude. Write these characteristics in sentences at the beginning of each letter of the word ATTITUDE, as in the example:

**A:** *Always sees the best in people and situations*

**T:** *Totally content with what they have*

**T:** Takes time to “stop and smell the roses”

|  |  |
| --- | --- |
| Attitude | Characteristics of a Good Attitude |
| **A** |  |
| **T** |  |
| **T** |  |
| **I** |  |
| **T** |  |
| **U** |  |
| **D** |  |
| **E** |  |

ATTITUDE-A settled way of thinking or feeling about someone or something, typically one that is reflected in a person’s behavior.

DISPOSTION- A person’s qualities mind and character.