



## I Like Your Attitude!

This month in THE GREAT BODY SHOP, we'll talk about attitudes. Please talk about this issue at home. Together as a family, talk about the mental and physical health consequences of respectful communication and positive attitudes.

- Lesson 1:** Attitudes, Values, and Goals
- Lesson 2:** How Attitudes Affect Your Actions
- Lesson 3:** Improving Your Attitude
- Lesson 4:** Attitudes at Home, at School, and in the Community

## Lesson 1: Attitudes, Values, and Goals

Students will learn the difference between positive and negative attitudes and the connection between attitudes, values, and goals. Your child will learn different ways to pick himself or herself up when having a bad day (talking to someone, doing something fun, listening to music, finding something to laugh about). Remind your child to use these ideas the next time he or she comes home in a bad mood, or is feeling stress.

## Lesson 2: How Attitudes Affect Your Actions

Students will practice using the Decision Making Steps when faced with a tough decision. We'll also talk about the effects of stress on the body, and appropriate ways to cope with stress. Your child will discuss the importance of humor and laughter for good mental and physical health. May we suggest a new family tradition? Each night, everyone must come to the dinner table ready to share one positive thing experienced during the day.



## Lesson 3: Improving Your Attitude

Students will learn to use humor and other skills to solve problems. As they become competent problem-solvers, they will build self-worth. We'll practice using conflict resolution skills, too.

## Lesson 4: Attitudes at Home, at School, and in the Community

In this lesson, students will talk about teamwork, communication, and values. Cooperation, communication, and appreciation are all parts of good teamwork. Talk about ways of making your family more of a team by using these three values. Discuss situations in which each value could be incorporated into your family.

## 10 Ways to Tell Your Child "You're Great!"

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|------------------------------------|------------------------------|
|                                    | do it!                       |
| 1. Hey, Superstar!                 | 5. Way to go!                |
| 2. You outdid yourself!            | 6. I'm so proud of you!      |
| 3. You're especially good at that! | 7. First class job!          |
| 4. I knew you could                | 8. I think you are terrific! |
|                                    | 9. That's the best ever!     |
|                                    | 10. Great job!               |

## Read All About It

*Have You Filled a Bucket Today?: A Guide to Daily Happiness for Kids*  
by Carol McCloud and David Messing.  
Ferne Press, 2006.

Through simple prose and vivid illustrations, this heartwarming book encourages positive behavior as children see how rewarding it is to express daily kindness, appreciation, and love.