



Power of Positive Thinking



MATERIALS

- Optimistic / Pessimistic worksheet (see attached)
- Mutt-i-grees Files
- Internet access (optional)

PROCEDURE

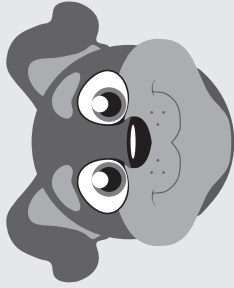
1. Explain that everyone talks to themselves. Sometimes our thoughts are positive (“I can do it!” “I won’t give up!”) Othertimes our thoughts are negative (“I can’t do it! It will never work out.”) If we keep a positive attitude, we are more likely to succeed.
2. Talk about how athletes use positive affirmations to help maintain focus and achieve their goals. If they have a negative thought, they quickly replace it with a positive one. Some have rituals (a basketball player blows a kiss before shooting free throws), others have mantras – a word or phrase they repeat to themselves to maintain their focus and think positively.
3. Ask the class: Can you think of what you do (or could do) to motivate and encourage yourself? Remember, thinking positively can lead to more positive results. Think about a time when you felt doubt or disappointment.
4. Ask students to use this memory as inspiration and create a storyline or comic strip showing the outcome of (a) negative thinking and (b) positive thinking, using the Optimistic/Pessimistic worksheet (see attached). Example scenario: Emily really likes her class and studied hard for a midterm test, but got a C. Negative Thinking: What might happen if Emily thinks, “Even when I study hard, I just don’t get it. I can’t succeed even when I am interested in something?” Outcome: She might not want to try again, she might give up... Positive Thinking: What might happen if Emily instead thinks positively? “That’s a surprise; I thought I would ace the test. Still...it’s only a midterm. I have a chance to improve my grade.” Outcome: She will work harder on other class projects, she would feel better about herself, she will probably do well on the final exam... Some students may want to work on scenarios pertaining to Mutt-i-grees® instead. Encourage students to share their storylines/comic strips with the class. Once completed, they can put their work in their Mutt-i-grees Files.

Lesson 1.3 Worksheet

Optimistic/Pessimistic

Scenario:

**Positive
Thinking**



**Negative
Thinking**

