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Today we will look at:
Attitude
Teamwork
Giving



We'll learn about attitudes, teamwork
and giving.
Let's turn the page and look!



Our attitudes are contagious –
make sure yours is worth catching.
Others will see the happiness you feel
and they will want theirs matching.



Live this through your actions,
through what you say and do.
Everyone will think it's great,
they will want to do it, too!



*You are in charge of your attitude,
be aware of it every day.
Having a positive attitude
is always the best way!*



Happiness comes from inside you,
it's not something that you request.
It comes from being positive,
and trying to do your best.



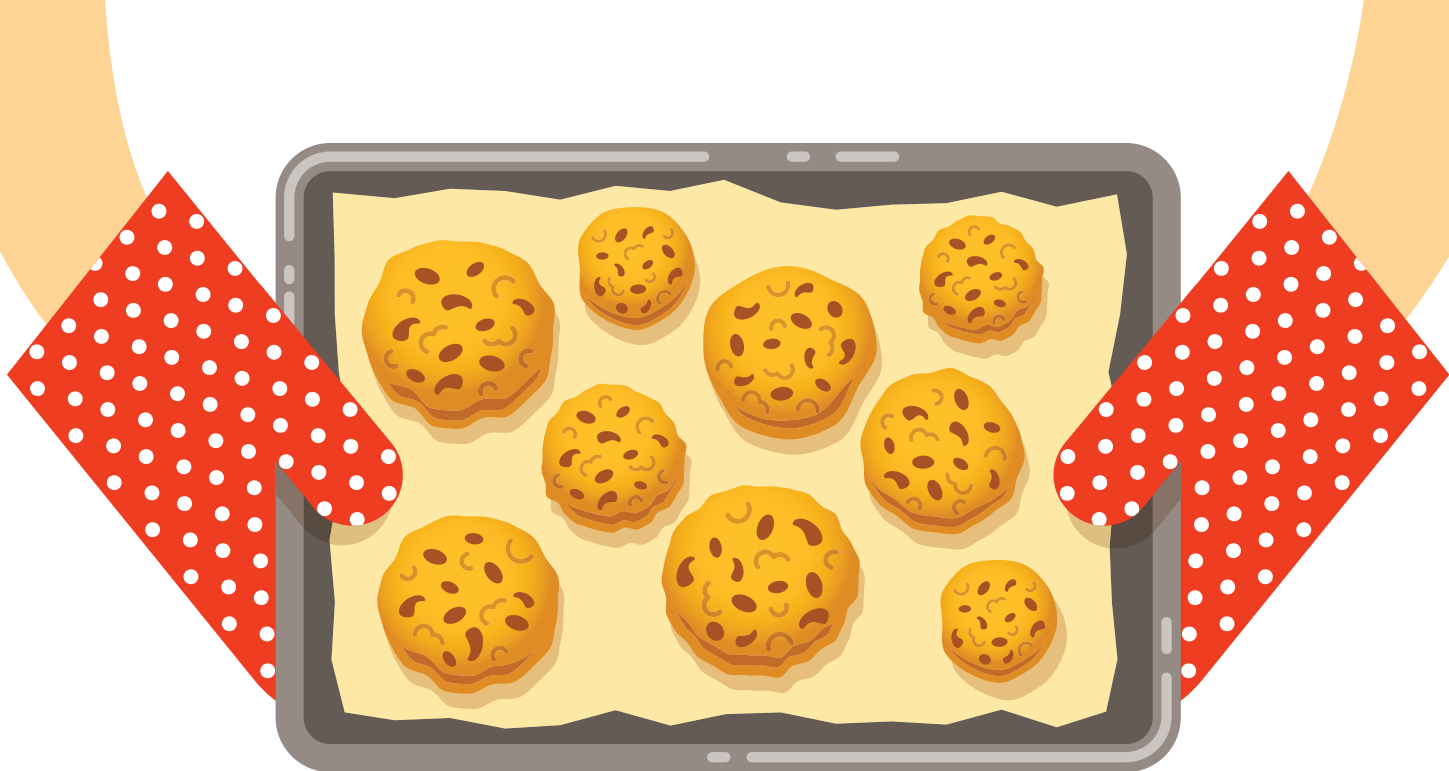
So if problems come your way,
at home, or sport or school,
think about them calmly,
try to relax – stay cool!



Think about what you can do
to help make problems right.
Use kind words to express your feelings
and things will be alright.



Learn to be a giver,
show yourself at your best.
If you learn to think of others,
you'll be happier than the rest.



Yum!



Yum!

Yum!



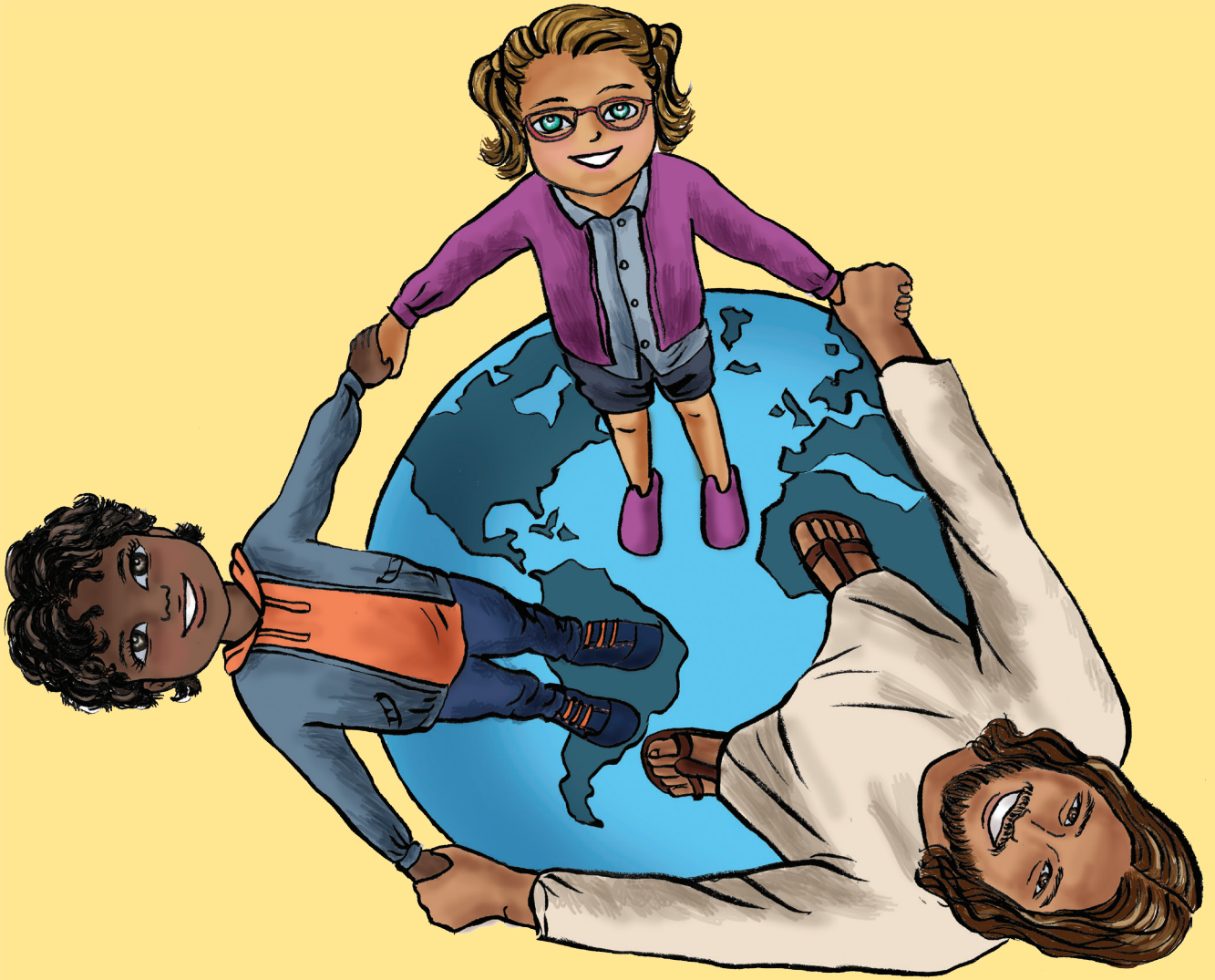
You could give a fancy present,
like those you buy from shops.
But a gift that comes from within your heart
will make them think you're tops!



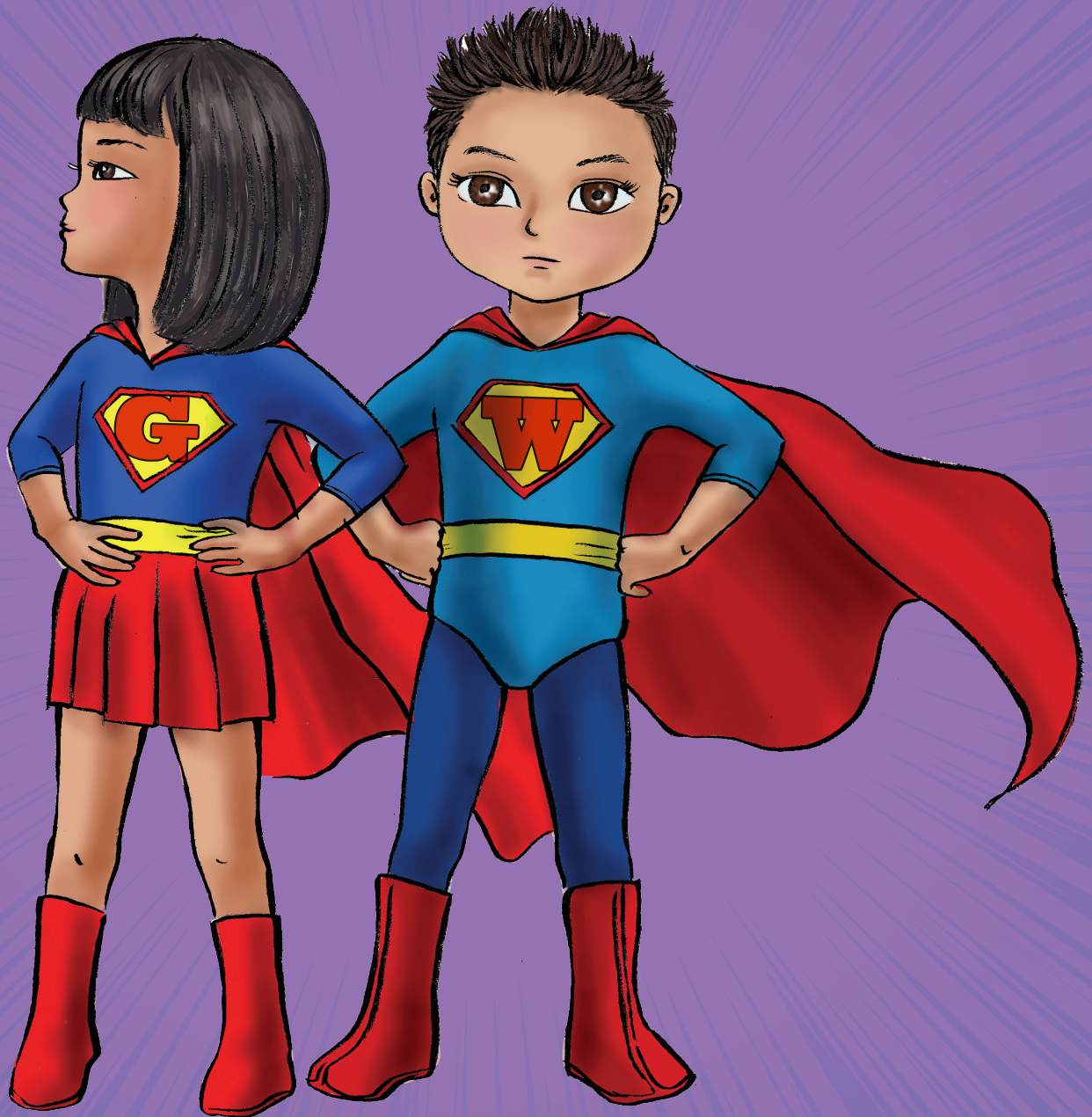
Teamwork is another gift
that we can give to others.
Helping out our teachers, friends,
our fathers and our mothers.



Teamwork is something we can do
all throughout our day,
to show we're helpful, kind and caring
in a special type of way.



My friend Jesus was very special.
He was thoughtful, kind and giving.
He showed people everywhere
how to love and be forgiving.



So to live MJR,
be kind and be a giver.
It really is the best way to be
a Grinner and a Winner!



Prayer

Dear God,

Grant us wisdom to be wise,
to be aware of our attitude,
and to remember our effect on others
when we're in a happy mood.

Give us strength to deal with problems
in a calm and sensible way.
May we try to make right choices
all throughout our day.

Help us to be givers
by sharing our heartfelt gifts with others.
May we do this during work or play,
with our friends, our sisters and brothers.

Live Jesus in our hearts forever!
Amen.

YOUR ATTITUDE IS CONTAGIOUS

Fill in the blank space below.



Your attitude is contagious.

Make sure yours is worth catching.

Colour in this picture. Trace over the words.



helpful kind happy sharing



Show your good attitude by how you **G**reet, **T**reat and **S**peak to others.

ACTIVITY 2

YOU'RE IN CHARGE OF YOUR ATTITUDE #2



You are the only person who is responsible for **your** attitude.

You can be happy 😊 or sad 😞 or angry 😡 or glad. 😄

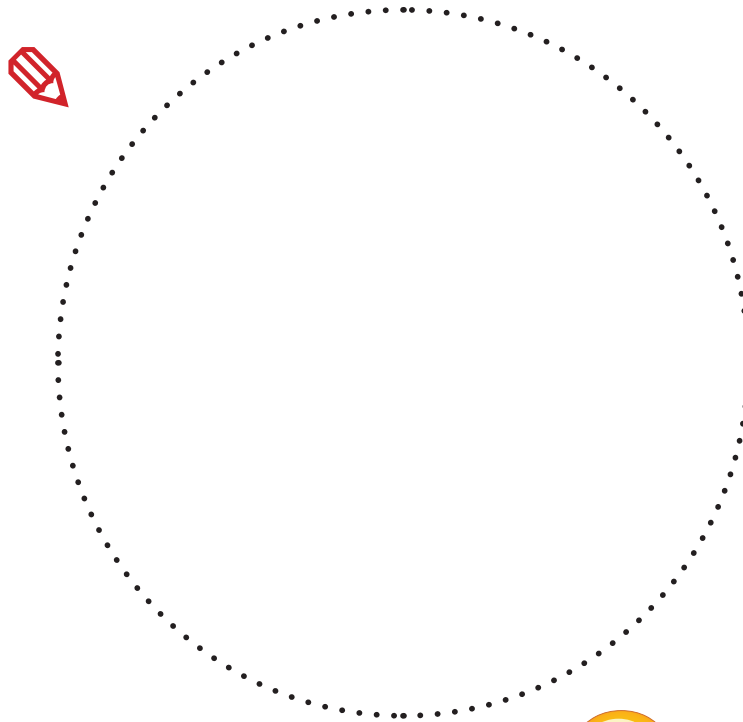
It is up to you to decide. **You** are in charge of your attitude.

Draw your face below showing a positive attitude.

What will your eyes look like?

What will your mouth look like?

Remember to add your nose, your ears and hair.



What do we get if we turn our frown 😡 upside down?
Trace over the dotted words below to find out.



A smile.



ACTIVITY 3

HAPPINESS COMES FROM INSIDE OUR HEARTS



If we have happiness in our hearts we will have positive, happy attitudes.



HOW CAN YOU HAVE A POSITIVE, HAPPY ATTITUDE?

Draw a picture of yourself in the square.



I smiled today.

ACTIVITY 4

WHEN PROBLEMS COME YOUR WAY

WHEN THINGS GO WRONG, REMEMBER TO ...

RELAX BE CALM STAY COOL



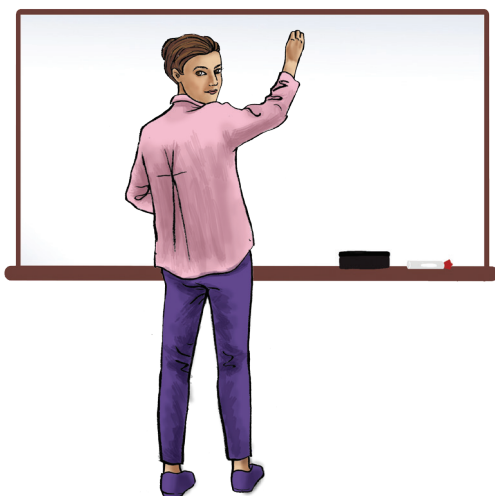
What helps you to stay calm?
Tick the pictures that show the way **YOU** keep calm.



Deep breathing



Read a book



Talk to a teacher
or a parent



Listen to music

ACTIVITY 5

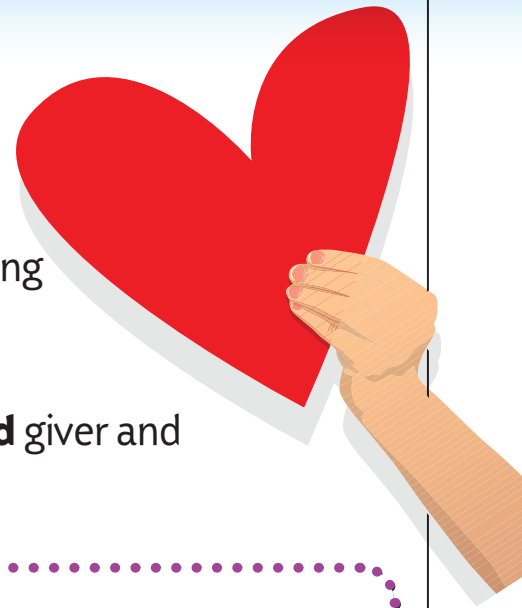
BE A GIVER



Givers give gifts from their hearts to others.

Gifts from the heart are special gifts. They are something we can do or say to make someone else feel good.

What does a giver look like. Colour in 1 heart for a **good** giver and 2 hearts for a **very good** giver.



Givers smile.



Givers help to wash dishes,
and dogs too!



Givers thank their friends.



Givers always try their best.

