

YOUR ATTITUDE AFFECTS YOUR MOOD

(AND ALSO THOSE AROUND YOU...)

CREATING A POSITIVE ATTITUDE

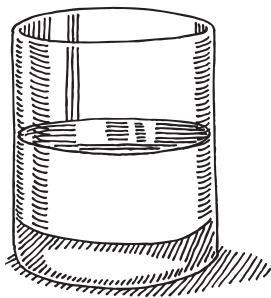


PSSSST!
A secret
for you...

It might feel like things are out of your control right now, but there is one thing you **can** control... your **attitude!**

That's right, you get to choose whether you bring a positive or negative attitude to each day. The secret of having a positive attitude is that it actually makes you feel better inside.

Attitude Check-in



If you're unsure what attitude you have today, maybe try this quick experiment. Take a glass and fill it halfway with water. Then check in with how you would describe it. Is this glass half full? Or is it half empty?

Half full? You're feeling
POSITIVE.

Half empty? You're feeling
NEGATIVE.

1. Journal

- a) Recording your daily reflections can get you in touch with how you are feeling and help you untangle your emotions. You can even share parts of your journal with other family members if you feel like it.
- b) Record any inspirational acts or people that you discover each day — from the internet or those people around you. You could share these with friends over social media, or consider some inspirational acts of your own.

2. Take the Lead

- a) Move away from your screen and take the lead in your house. Do some everyday household tasks **WITHOUT BEING ASKED!** (You might be surprised to see the positive affect it has on the rest of the household.)
- b) Ask the rest of the family what positive qualities they would like to focus on. (For example GRIT, PATIENCE, TEAMWORK.) Then make a daily sign for your fridge — **TODAY'S QUALITY TO FOCUS ON IS...**

3. Try to break a bad habit

4. Try to start a good habit

– GTS

Greet, **T**reat and **S**peak in a positive manner.

5. MJR 24/7 Exercise

More fun than hard work!
Share these with others at home. Check out the MJR 24/7 website www.mjr247.com.au and find cool YouTube videos that connect to the selected topics. At these websites, go to the right hand corner and click on lesson plans to find the topic you are exploring.

6. Get Creative

- a) Write a poem
- b) Create some music
- c) Create an animation (look at Biteable software online)
- d) Paint a picture

FINALLY

Some days you might look at that glass of water and see it as half empty. That's okay.

We all have our bad days.

Try not to get lost in that negative attitude.

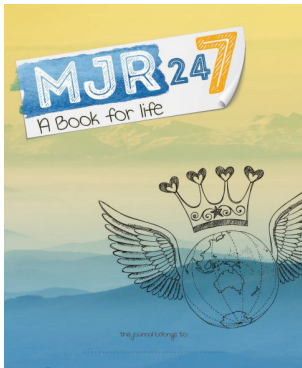
Remember that

everyday

**IS A
NEW**

beginning

MJR Values • Qualities • Ideas



For Secondary
students
**Years
7 & 8**

ATTITUDE

**pages
10, 25-28, 61-64**

Lesson Plan
<https://www.mjr247.com.au/lessonplans/#tab-id-5>
<https://www.mjr247.com.au/lessonplans/#tab-id-14>

What attitude are you going to choose today? For example, in the MJR 24/7 journal we speak about being a GATE person... Grateful, Appreciative, Thankful, Enthusiastic

CHOICES

**Social Media
97-100**

Lesson Plan
<https://www.mjr247.com.au/lessonplans/#tab-id-23>

We all have choices to make — now's the time to make good choices...

GTS

**How do you GTS?
49-52**

Lesson Plan
<https://www.mjr247.com.au/lessonplans/#tab-id-11>

Think about GTS (Greet, Treat, Speak) — how we do this at home during a stressful time. How you GTS affect how everyone else is feeling. (Think about how siblings talk to each other.)

TEAM

**You are not alone
121-124**

Lesson Plan
<https://www.mjr247.com.au/lessonplans/#tab-id-29>

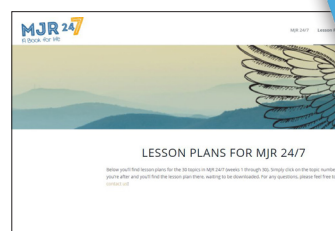
For those of you staying at home, everyone will need to pull together as a TEAM to help life runs smoothly. We need to be mindful of our actions and how they impact on those around us.

RESILIENCE

**Grit
37-40**

Lesson Plan
Unit 28
<https://www.mjr247.com.au/lessonplans/#tab-id-8>

During this time, overcoming obstacles and dealing with uncomfortable issues indicates resilience. Resilience — or GRIT — is a crucial quality to focus on.



Lesson Plans
for Secondary
students
**Years
7 & 8**