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WHO IS IN CHARGE OF YOUR ATTITUDE?

You can't always control what happens to you, but you can control what you think about it!

Things will go wrong, but how we deal with this says a lot about who we are as a person. When things are good, we don't even think about our attitude. An awesome attitude is everything!

YOU ARE IN CHARGE OF YOUR ATTITUDE!



ACTIVITY

Name 5 things that you have a positive attitude about...

- 1.
- 2.
- 3.
- 4.
- 5.

These positive parts of your life make your world more AWESOME!

An awesome attitude is everything.

**MAKE YOUR WORLD
MORE
AWESOME!**

COLOUR IN

ACTIVITY

Colour in this page and think about how you can make today awesome ...



WHERE IS YOUR POSITIVE ATTITUDE?



Name 5 things that you have a positive attitude towards ...

1.
2.
3.
4.
5.

Draw a picture of someone with a positive attitude and someone with a negative attitude. Make sure that you emphasise the differences!

DO YOU HAVE AN ATTITUDE OF GRATITUDE?

ACTIVITY

HAPPY PEOPLE ARE THANKFUL FOR WHAT THEY HAVE.

To help you practice being grateful, list some of the things and people you are thankful for.

I am grateful for

1.
2.
3.
4.
5.



**SAY "THANKS"
6 TIMES A DAY PLUS
4 AT HOME WHICH IS
10 TIMES A DAY.**

THANKS x 6 + 4 = 10

DON'T JUST SAY IT, SHOW IT!

ACTIVITY

I show that I am thankful when I:

1.
2.
3.

HOW DO YOU SEE GRATITUDE?

This is an acrostic poem. Write your own word next to each letter.

G

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R

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A

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T

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I

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T

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U

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D

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E

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