



in Partnership
with



BOYS & GIRLS CLUB
OF THE EASTERN PANHANDLE

BONUS!
GOOD NEWS
Activities Inside

Show a Positive ATTITUDE™



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Wonderful People are saying . . .

"It's not enough to list a bunch of goals, you need a good attitude to achieve them!"

WonderfulPeople.net WORKS!    

“SHOW A POSITIVE ATTITUDE”

NOVEMBER
WELCOME

The main GOAL for this month is to nourish a positive atmosphere— in your classroom and in your heart.

It is easy to coordinate Thanksgiving ideas with the Caring Habit theme — “Show a Positive Attitude.” Thankfulness is one of life’s best positive attitudes.

Bring up this point with your students. Use the theme this month to focus class discussions on appreciation of the real reason why we all come to school—to receive an education as preparation for life. Help create a positive attitude about education in your classroom.

Focus discussions on appreciating each student’s personal talents and strengths—and on why getting a good education is important to their future goals and dreams. Discuss the specific future job goals of your students, relate them to specific subjects and discuss the education goals they will need to achieve for their future employment success.

Here is a list of “Tips” for November. I hope you enjoy them.

- *Lighten up this week.
See humor in the things that happen and laugh a little.*
- *It’s good to have money; but don’t lose sight of the things money can’t buy.*
- *The best thing to hang onto in this world is each other.*
- *I expect to pass through life but once. If therefore, there is any kindness I can show to others, I will do it now.*
- *Always have good thoughts; they may break into words at any time.*
- **SMILE... SMILE... SMILE... SMILE... SMILE...**



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- *Happiness is not perfected until it is shared.*
- *Joy comes not to him who seeks it for himself,
but to him who seeks it for other people.*
- *Share your love and your love will be returned.*
- *The most beautiful and best things in the world cannot
be seen, nor touched. They are felt in the heart.*
- *We make a living with what we get, but we make a life
from what we give.*
- *Share your love and your love will be returned.*

The health focus for November is STRESS REDUCTION. See the Health Focus section of this IDEA BOOK for some suggestions.

Have a good month!

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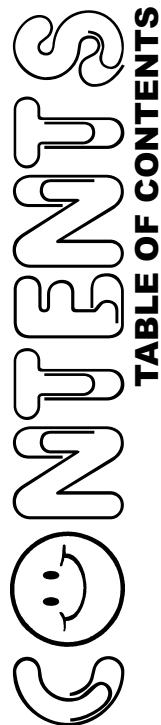
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12 HABITS FOR WONDERFUL PEOPLE™ FOCUS FOR SOCIAL & PHYSICAL HEALTH SECONDARY SCHOOL AND ADULT FORMAT



DO YOUR BEST in September

Color Cue: Award Gold

Health Focus: Good Nutrition



BE PATIENT AND LISTEN in October

Color Cue: Slow-Down Lavender

Health Focus: Safety



SHOW A POSITIVE ATTITUDE in November

Color Cue: Sunny Yellow

Health Focus: Reduce Stress

CELEBRATE COMMUNITY, FAMILY & FRIENDS in December

Color Cue: Forever Green

Health Focus: Healthy Heart, Mind & Body



LEND A HAND in January

Color Cue: Helping Aqua

Health Focus: First Aid & CPR



YOU COUNT in February

Color Cue: WOW! Fuchsia

Health Focus: Be Drug-Free!



RESOLVE CONFLICTS in March

Color Cue: Dove White

Health Focus: Manage Anger



HONOR OUR ENVIRONMENT in April

Color Cue: Spring Green

Health Focus: Be Smoke-Free!



BE GRATEFUL in May

Color Cue: Grateful Pink

Health Focus: Exercise!



BE ADVENTUROUS in June

Color Cue: J-O-L-T Orange *Health Focus:* Improve Your Health & Disease Prevention



BECOME INVOLVED in July

Color Cue: Patriot Red

Health Focus: Hygiene & Cleanliness



WHAT DO YOU VALUE? in August

Color Cue: Thoughtful Blue

Health Focus: Health Education & Immunizations



12 HABITS FOR WONDERFUL PEOPLE

Life gets better when we work together . . . one month at a time!

WonderfulPeople.net WORKS!



“SHOW A POSITIVE ATTITUDE” CLASSROOM ACTIVITIES

“ Together we brighten the world we all share.”

-ELAINE PARKE

NOVEMBER

Color Cue: SUNNY Yellow **SHOW A POSITIVE ATTITUDE®** 7

12 HABITS FOR WONDERFUL PEOPLE™ FOCUS FOR SOCIAL & PHYSICAL HEALTH PRIMARY SCHOOL FORMAT



Busy Bee says . . . In September DO YOUR BEST!

Color Cue: Award Gold

Health Focus: Good Nutrition



Waldo says . . . In October WAIT AND LISTEN!

Color Cue: Slow-Down Lavender

Health Focus: Safety



Smiley says . . . In November SMILE

Color Cue: Sunny Yellow

Health Focus: Reduce Stress



Evert says . . . In December LOVE EACH OTHER

Color Cue: Forever Green

Health Focus: Healthy Heart, Mind & Body



Happy says . . . In January HELP OTHERS

Color Cue: Helping Aqua

Health Focus: First Aid & CPR



U-2-R says . . . In February YOU ARE A STAR

Color Cue: WOW! Fuchsia

Health Focus: Be Drug-Free!



Grazie says . . . In March GET ALONG TOGETHER

Color Cue: Dove White

Health Focus: Anger Management



Lady says . . . In April LOVE THE EARTH

Color Cue: Spring Green

Health Focus: Be Smoke-Free!



Toby says . . . In May SAY THANK YOU

Color Cue: Grateful Pink

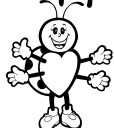
Health Focus: Exercise!



Magic says . . . In June MAKE A WISH!

Caring Color: J-O-L-T Orange

Health Focus: Improve Your Health & Prevent Disease



Jenny says . . . In July ALL JOIN IN

Color Cue: Patriot Red

Health Focus: Hygiene & Cleanliness



Gregory says . . . In August WHEN I GROW UP . . .

Color Cue: Thoughtful Blue *Health Focus:* Health Education & Immunizations



12 HABITS FOR WONDERFUL PEOPLE

Life gets better when we work together . . . one month at a time!

WonderfulPeople.net WORKS!

“SHOW A POSITIVE ATTITUDE”

CLASSROOM ACTIVITIES

There are many ways to emphasize the Wonderful People habit to “Show a Positive Attitude” in your classroom. The following materials are full of ideas you can use, and ideas you can improve on with your own creativity. Have a positive day, every day of this month!

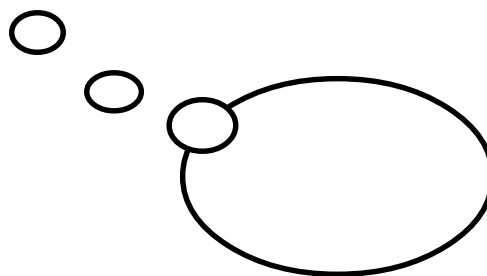
A “Thanksgiving” Attitude About School

Activity: Discussion of school and reasons to be thankful for school

For: Teachers and students

You will need: 10 to 15 minutes

Use Thanksgiving and the Wonderful People habit to focus on a positive attitude about school and why we all come to school. Discuss the real purpose of school. Discuss the strengths of each student, their favorite subjects, what they want to do with their lives, and why a good education is important to achieving life goals.



Accentuate the POSITIVE

Activity: Building a POSITIVE classroom activity

For: Teachers and students

You will need: 10 to 15 minutes

Part of learning, is facing challenges and making mistakes. Students will learn that mistakes and challenges are to be expected and are easier to accept when a positive attitude is maintained.

This month, focus on building a positive classroom environment. Discuss with your students, what kind of attitudes exist when we feel positive.

Examples of positive classroom attitudes are to:

- focus on the good rather than the bad
- use positive language to make a point
- accept diversity in others without trying to change them
- give compliments and encouragement
- understand it is okay to make mistakes and to try to correct them
- have dreams for the future and believe they will come true
- show appreciation for others' efforts
- give our best effort in every endeavor
- trust in ourselves, our teachers, and our classmates

~~“ YOU ”~~

“ I ”

Positive Messages

- Activity:** To learn language that does not place blame on others
- For:** A classroom, group, family and children of all ages
- You need:** 15 minutes

Teach students to use a “Positive Message” when they have a problem. Explain that beginning a sentence with the word “**YOU**” places blame on the other person, such as, *“You make me so angry!”*

Explain that beginning a sentence with “**I**” makes a person take responsibility for him/her self such as, *“I feel angry when you throw sand on me!”*

Display the sentence, I feel - when - on posterboard so students can refer to it when having problems. Be sure to model Positive “**I**” Messages when speaking with students.

This is the month we give thanks for all we have. It’s a time to smile, to work at being happy, and to count your blessings instead of your troubles. When you’re up-beat, those around you will tend to match your mood.

Learning Positive Responses

- Activity:** Encouraging class participation in learning about healthy reactions to feelings
- For:** A classroom, group, family and children of all ages
- You need:** 15 minutes

Discuss that it is normal to have different feelings and emotions. Emphasize that although everyone expresses his or her emotions differently, it is important to keep a positive attitude and work to change bad feelings. Read *Feelings* aloud. Have students brainstorm positive ways to express each feeling from the book. Make four charts, each with a different heading- Anger, Sadness, Frustration, and Boredom. Tape a chart in each corner of the classroom. Divide the class into four groups, inviting each to stand near a chart. Give each group three to five minutes to write all the positive ways to deal with the emotion on their chart. After a designated time, have groups rotate clockwise to the next chart. Have each group rotate to and write on every chart. Invite volunteers to read the charts aloud. Display the charts and refer to them so students can learn positive ways to deal with their emotions.

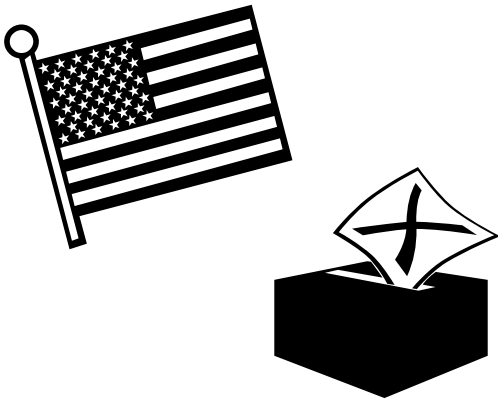
Now that I'm Elected . . .

Activity: Discuss the elections held this month and what newly elected officials have to say after the election

For: Classroom discussion

You will need: 10 to 15 minutes

After Election Day, listen to the acceptance speeches of your newly-elected officials, whether they be President of the United States, Governor of your state, or Mayor of your town. Then listen to his/her positive outlooks for your country, state, or city, and decide how each of us, in our own way, can contribute to this vision. Discuss the pros and cons of the outcomes and why democracy is a positive form of government - even though we don't always get what we want.



Positive Charting

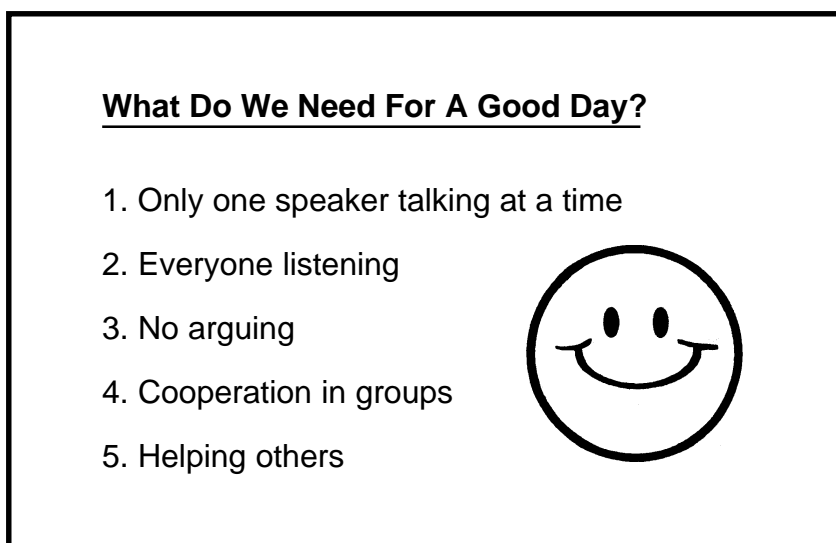
Activity: Creating a positive atmosphere

For: Classroom activity

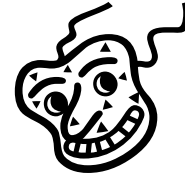
You will need: Large paper, markers and 15 minutes of class time.

Ask students to brainstorm conditions that enable them to have a good day in class. Make a chart out of the responses. Post the chart and refer to it when reminding students about what enables everyone in the classroom to be content, comfortable, and safe.

Example



Classroom Joke Telling

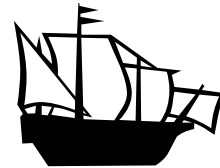


- Activity:** Encouraging positive creativity
- For:** A classroom, group, family and children of all ages
- You will need:** 10 to 15 minutes

We are always trying to keep our classroom quiet - so here's an opportunity to have some fun and a little welcome laughter. Ask each student to write down a joke they make up or one they already know. Then have them passed to you. (This step eliminates any embarrassment from jokes that are inappropriate.)

Start from the top of the pile and have each student come forward and read his/her joke from their own paper. Let the students have fun with this. Discuss the jokes - *which ones were the funniest? Why? How do we create humor in our own writing?*

Give Thanks . . . and Remember



- Activity:** Remembering the first Thanksgiving from the Pilgrims' perspective
- For:** A classroom, group, family and children of all ages
- You will need:** 10 to 15 minutes

Since Thanksgiving is celebrated during the month of November, use the stories about the Pilgrims and their journey to America on the Mayflower to focus on the many hardships these proud, yet optimistic people endured to get to their new home. *How did they manage to give thanks and count their blessings after leaving their old lives behind and losing so much?*

Phone Call from the Teacher



Activity: Making telephone calls to parents focusing on students' good qualities



For: Teachers

You will need: Your time only

Just the thought of a teacher calling parents is enough to strike fear into the hearts of most students. More often than not, they focus on the not-so-good things about their son/daughter in school.

This month, you can reverse that trend by making *positive* phone calls home to parents, to tell them the good things their children do in school.

Miles of Smiles - Bus Courtesy

Activity: Being courteous on the school bus.

For: Students and drivers

You will need: 5 to 10 minutes



Suggest that students make a special effort this month to focus on bus manners. Discuss the bus driver's point of view and his need to concentrate on driving and safety. In this age of "road rage," it still is possible to show courteousness and display a positive friendly attitude while riding the bus.

Learning Affirmations

(Exercise One of Two)

Activity: Understanding affirmations and the positive power they have in our lives when we remember to use them

For: A classroom, group, family and children of all ages

You will need: 15 to 20 minutes, large paper and crayons, pens or pencils

Explain the meaning of the word affirmation. Discuss an affirmation you recently received and how you felt when you received it.

Ask student volunteers to describe affirmations they have received. Form student groups. Give each group a large sheet of paper and markers. Ask each group to brainstorm as many affirmations as possible.

Provide examples of:

single-word affirmations such as . . .

“Great!”

short-phrase affirmations such as

“Way to go!”

Sentence affirmations such as . . .

“I love your handwriting!”

After ten minutes, invite groups to take turns reading their lists. Record their affirmations on chart paper. Ask students to continue thinking about affirmations, adding any new ones to the list the following day. Post the chart and encourage students to use affirmations when they work in groups. Add new affirmations to the list as students think of them.

Learning Affirmations

(Exercise Two of Two)

Activity: To create a positive “keepsake” for each class member, (students and teachers)

For: A classroom, group, family and children of all ages

You will need: Paper for each student and crayons, pen or pencils

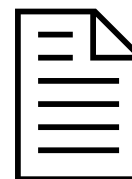
Now that your class understands “affirmations”, it’s time to put them to use. Give each class member a sheet of paper and keep one for yourself. At the top of each paper, ask the students to write their names. Next, ask everyone to hand their paper to the next person to the right. *(How you do this will vary with how your room is arranged.)*

Next, have students write a positive affirmation about the person whose name is at the top of the paper. Keep passing sheets on until everyone has had a chance to write a positive statement about everyone in the class.

Discuss what this means to each person, and how they would feel if they got their paper back with negative statements. EMPHASIZE that this exercise is NOT the place for negative comments. Suggest that students do not write on papers when they cannot make a positive statement.

When the exercise is completed, return the papers to the students with their names on top. Give the students a few minutes to enjoy reading the positive statements that have been made about them by others.

Suggest that students keep these papers to read later as a pick-me-up on a not-so-good day later on!



I Appreciate



- Activity:** Encouraging expressed appreciation
- For:** A classroom, group, family and children of all ages
- You will need:** 5 to 10 minutes

Invite the class to sit in a large circle. Explain that when people have positive attitudes they share their appreciation with others. Have each student think of one person in class they appreciate and why. Taking turns, invite each student to complete the sentence I appreciate because When everyone has had a turn, go around the circle and tell each student why you appreciate him or her. Encourage “I appreciate” statements throughout the year.



My Positive Book

- Activity:** Making a list of your favorite things and compiling them into a book
- For:** A classroom, group, family and children of all ages
- You will need:** Paper, notebook or fabric-covered blank book, pens or pencils, crayons and/or markers, old magazines, scissors, non-toxic glue or glue stick, 15 - 30 minutes of your time and your imagination

Here is your chance to record for posterity, the things you cherish the most. Have students put a list of the things they cherish down on paper, or in a notebook or blank fabric covered book. Their choices are only limited by their imagination. If they want to make their books truly unique, add personally drawn illustrations or use pictures from magazines that are cut out and pasted in their books.

Looking for Goodness in Music

- Activity:** Encouraging expressed appreciation
- For:** A classroom, group, family and children of all ages
- You will need:** 15 minutes, paper, markers, pencils, etc.
and the Popular Music List from this Idea Book or

"What a Wonderful World" Lyrics and recording by Louis Armstrong

"What a Wonderful World" Book illustrated by Ashley Bryan

Locate and play one of the songs from the list of positive music that you think your class would appreciate and relate to...An excellent choice is the song *"What a Wonderful World."* (If available, share the record, cassette, cd, or downloaded song, and picture book of the same title.)

Ask students to brainstorm other things that make this world wonderful. On chart paper, convert the brainstorming suggestions into new lyrics and sing the students' version. Have students find a partner. Have each pair illustrate a different line from the new song. Bind the illustrations into a class book.



Quote Jar

Activity: Inspiring students through others' wit and wisdom

For: Teacher and students

You will need: Large jar, basket, colorful bag or box, and paper in the Caring Color of the month (See your teacher in-service manual for a list of papers.)

Use the quotes provided in the Quotations section of this Idea Book and photocopy (or print them on individual sheets of paper) onto paper in the color of the month. Cut each quote out and fold into a small square. Place in your container and display in a prominent spot for the month.

IDEA ONE

Take one quote out and read aloud each morning of the month. Discuss the meaning of the quote and reflect on it throughout the day.

IDEA TWO

Have each student take a paper from the container. Have them write a paragraph or two on their interpretation of the quote.

IDEA THREE

Implement your own idea!



Caring Links

- Activity:** To link everyone together in the Habits for Wonderful People
- For:** Teacher and students
- You will need:** Card stock in the color of the month and stapler

Cut card stock paper into strips with paper cutter.
(A standard 8½" x 11" sheet yields 11 - 8½" x 1" strips.)

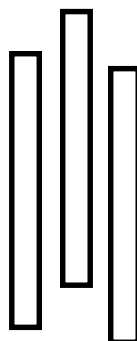
IDEA ONE

Have each student write their name* on a strip of paper. Bend first strip into a circle and staple close. Link next strip through first and staple. Continue to link the paper together to form a chain. Hang in a prominent spot in the classroom for the month.

**Substitute names with favorite quotes, goals, positive attitude skills practiced this month, songs, jokes, etc.*

IDEA TWO - On going

Add on to the chain above with next month's color. At the end of the school year, you will have a Wonderful People chain in all the Color Cues. Explain how the chain began as one loop and now the loop is long enough to go across the room. Read each link and review each monthly theme and color as you go through the chain.



Make Peace Not War



- Activity:** Encouraging an understanding of peace
- For:** A classroom, group, family and children of all ages
- You will need:** 15 minutes, paper, markers, pencils, etc.

Explain that the expression *“Make peace, not war,”* was a slogan during the 1960's. Ask student groups to brainstorm a list of alternative slogans by substituting other words for peace and war, such as *Make affirmations, not arguments; Make bonds, not belittlements; or Make companions, not condemnations.*

Invite students to share their lists with the class. Have students choose their favorite slogans and create a class list. Have each student choose a slogan from the class list and make a poster for it. Invite students to display their posters throughout the school.

Words That Denote GOOD Character

- Activity:** Encouraging an understanding of good character
- For:** A classroom, group, family and children of all ages
- You will need:** 15 minutes, paper, markers, pencils, etc.

Before starting this cooperative group activity, ask students to brain-storm synonyms for positive character traits such as kindness or cooperation. Chart the synonyms. Look at the Character Education Words-2-Learn included in this IDEA BOOK when preparing a list.

Tell students to demonstrate these words as they work with their group. Just before ending group work, ask students to choose a word from the list and use it in a sentence describing one of his or her group members.

“Kindness” “Cooperation”



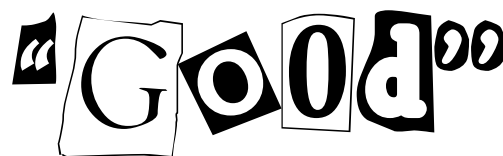
“See-the-Good” Cooperative Class Mural

- Activity:** Encouraging a focus on what’s good
- For:** A classroom, group, family and children of all ages
- You will need:** 15 minutes

Hang a long piece of butcher paper or news print roll paper across one wall. Have students write “*See the Good*” across the paper. Invite students to create a mural by designing a large scene that shows the good in society, such as children playing together, neighbors helping each other, beautiful trees and flowers, or an outdoor concert.

Have students bring in old magazines or other items to “recycle” to decorate the mural. Recycle item ideas might include old greeting cards, ribbon, glitter, old wrapping paper, newspapers, coupons, direct mailings, etc.

Display the mural during Open House or Back to School Night.



Good News

- Activity:** Encouraging class participation and a deepened understanding of “news” and how it affects us
- For:** A classroom, group, family and children of all ages
- You will need:** 15 minutes

Divide the class into groups. Invite groups to scan newspapers and circle as many positive articles as possible. Have groups read their favorite article, discuss it, and give an oral report to the class. After all articles are shared, ask questions such as:

“Are there trustworthy people in society?”

“Does the good that happens in the world overshadow the bad?”

“Why or why not? How would you describe people in the articles?”

“Are you that kind of person?”

Ask students to write their own GOOD NEWS article about something or someone in their own lives. You may reproduce the “Today’s Times” and “Personal Interview” for your students to use as a guide.

Edited By:

.....
.....

Today's Times

Today's Date

Your Town

NEWS FLASH!

.....
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Who
.....

What happened
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When it happened
.....

Where it happened
.....

Why and how it happened
.....
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.....
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WORD IN THE NEWS

.....
Word

Meaning:
.....
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Edited By:

.....

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Personal Interview

Today's Date

Your Town

FEATURING . . .

.....

.....

What is your goal in life?

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Tell us about a person you admire.

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THE COMICS - Your way!

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What is your favorite activity?

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I Can't Stand It - Charades

Activity: Encouraging class participation and a healthy perspective about life's chores

For: A classroom, group, family and children of all ages

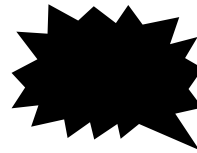
You will need: 15 minutes



Explain that although everyone has to do things he or she doesn't like to do, it is important to keep a positive attitude when doing them. Ask each student to think of one thing he or she can't stand to do, even though he or she should. Invite volunteers to pantomime what they don't like to do. Ask students to guess what the volunteers are acting out.

Afterward, ask questions such as — *Why do people sometimes have to do things they don't like? How do responsible people react when they are asked to do something they dislike? How do people show they have a positive attitude when they are doing things they do not like?* To close, invite students to act out things they love to do.

Two For One



Activity: Encouraging praise instead of criticism

For: A classroom, group, family and children of all ages

You will need: 15 minutes

Whenever a student is caught criticizing a classmate, have the criticizing student give the classmate two compliments for every criticism he or she made. Students will have a great time catching each other — making a game of it takes the sting out of insensitive remarks. Best of all, students quickly learn to exercise self-discipline and maintain a positive attitude when speaking with classmates.

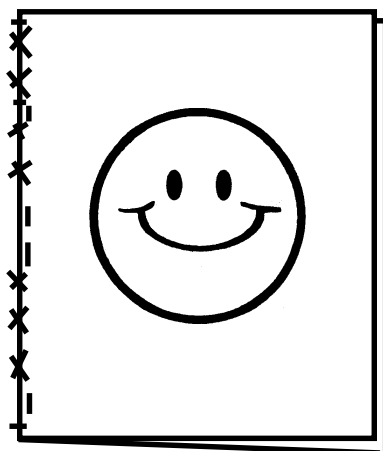
Focusing on Positive Memories

- Activity:** Encouraging positive attitudes about life
- For:** A classroom, group, family and children of all ages
- You will need:** 15 minutes and some paper

Invite students to share special times they enjoy with their families. Suggest that everyone has good times and bad times. Explain that some people focus on good memories while others focus on the bad. Tell the class you want to have a year during which everyone focuses on good experiences.

Invite each student to draw a picture of a positive memory (s)he has from the last several weeks. Have students briefly explain the memory in writing at the bottom of the picture.

Repeat this activity each month during the school year. At the end of the year, have students create a cover and bind their pictures to make a personal yearbook.



Recipe for Recovering from a Bad Day

- Activity:** Encouraging positive attitudes about life
- For:** A classroom, group, family and children of all ages
- You will need:** 15 minutes and some paper

Ask students to name favorite soups and describe the ingredients. Suggest that there might be a soup called “MEAN” Soup. Ask students to predict the ingredients in mean soup.

Ask each student to write a recipe for how (s)he might recover from a MEAN Soup or from a bad day. Invite students to share their recipes with the class. Highlight those that solve problems with a positive attitude.

Recovery from a Bad Day Recipe

1. Take one apology and mix it with the person you upset.
2. Add one invitation for a bike ride.*
3. Let simmer until after school.
4. Ride bikes until done !



Yield: A Sweet Ending

Note: You may substitute * with another fun activity!

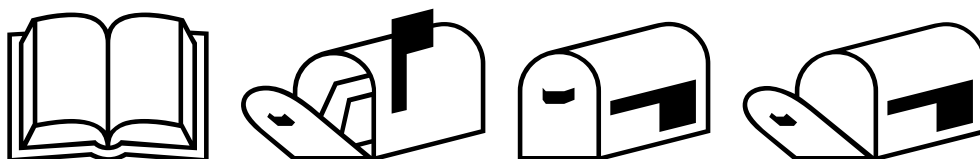
Warm Fuzzy Mailboxes

Activity: To encourage positive messaging between students

For: A classroom, group, family and children of all ages

You need: 15 minutes, books, papers, and pencils
(boxes and decorative materials optional)

Read aloud *A Warm Fuzzy Tale* and discuss the story or discuss the idea of “a warm fuzzy.” Emphasize the positive feelings that occur when one receives a “warm fuzzy,” an affirmation or compliment. Have students write “warm fuzzies” to one another. Establish rules such as Notes must always be positive, using appropriate language and ideas. Notes may only be written after all other work is completed. Provide mailboxes for students to give and receive notes. Boxes with dividers can be obtained from discount stores, office supply stores, or grocery stores. If you wish, cover the boxes with contact paper and display them in the classroom.



Be happy. Work at being happy. Relish the good things in you life; let go of the bad feelings. We all know that it “takes guts to leave the ruts” but it certainly is worth it. We all face disappointments but let’s try to not look at what we’ve lost but look rather at what we have left.

Goal for the Month : Count your life with smiles, not tears!

Chain Reaction Laughter

Ha!
ha!

Activity: Creating a Laughter Chain

For: Individuals, families and children of all age groups

You will need: Your time only

Want to start an uncontrollable chain reaction laughter right in your own living room — and keep them laughing? You don’t need protective equipment either!

To get the laughter started, you need at least three people — all ages, all sizes! More people make for more laughs! One person lays down on his/her back on the floor. A second puts his/her head on the first person’s stomach, and so on. The first person says “Ha!”, the next person goes “Ha, ha!”, and so on down the chain.

The most curious thing will start to take place — the “ha, ha, ha’s” will evolve into real, genuine laughter — perhaps even uncontrollable laughter that will be difficult to stop.

If and when things do calm down, try reversing the direction. For a real test of willpower, have everyone maintain their places *without* laughing. Sooner or later, someone is bound to break down, and the laughter will start again throughout the entire chain!

A Time to Give Thanks

Let us be thankful for the joys and blessings of the past year and pray for courage to create another year when we can again give thanks for our blessings.

Miles of Smiles

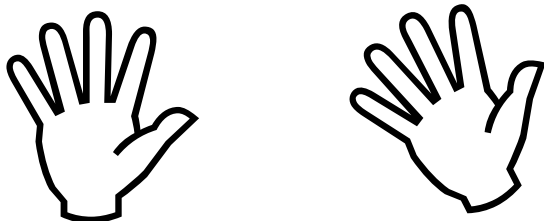
Activity: Being courteous to fellow motorists and passengers

For: Individuals, families and children of all ages

You will need: Your time only

In this day and age of “road rage” it still is possible to make some courteous gestures while on the highway, and it doesn’t take a lot of effort! While sitting at the traffic light, smile or wave at the person in the car in the lane next to or in front of you. If you find yourself stopped at a railroad crossing, honk your horn, smile and wave to the engineer as the engine passes by. Wave hello to the pedestrian in the crosswalk and wish him/her a safe crossing. Or wave hello to the policeman or firemen as they pass by.

Children especially love this warm gesture. Wave to them when the school bus passes by as you wait for the city bus. When you are on the road and you see children in the back of the station wagon, wave to them. Chances are they’ll wave back. Their parents will wonder what they’re up to!



Family Fun Activities



WEEK 1

*Being happy and positive is a choice we can make. Be a good example for your children. When disappointments come along this week, acknowledge them but then look for the bright side. Help your kids do the same.

*Catch your child doing something good! Praise your child when (s)he does something well. The pride (s)he feels from doing a good job will help foster positive attitudes.

WEEK 2

*Ask your child for 3 of the things you say to them that makes them feel good. Use those often to reward your child and give them good, positive feelings.

*With your kids make up some “thoughts for the day” that reflect a positive outlook. Put them in a jar. Each morning take turns selecting one for everyone to practice during the day/week etc. Post it on the refrigerator as a reminder.

WEEK 3

*Help your child discover a more positive way to approach a problem by looking at it as an opportunity to improve the next time. For instance, instead of *“I struck out three times in today’s baseball game, guess baseball isn’t my sport!”* have him/her try, *“I struck out three times today, guess I’ll take some practice swings after school today to improve my hitting.”*

*Have you and your child each make a “wish list” of 10 things you “wish” the other would do. For instance, you may “wish” your child would brush his teeth without being reminded and he may “wish” that you would spend ten minutes at bed time just listening to him. Together decide which ones are truly doable and choose one a week to put into practice. You may even be surprised and find your child and yourself doing more than promised!

WEEK 4

*Help your child develop plan “B”. When (s)he is working on something and it looks like it might not work out as planned. Help them develop some alternatives. Often times the “backup plan” works out better than the original would have.

*Help your kids make a list of what they need to do each day. As they complete the action, they can cross it off their list. Visually seeing what you accomplish each day gives great satisfaction and builds self-esteem.

 **GREAT
HANDOUT**

“SHOW A POSITIVE ATTITUDE” CHARACTER EDUCATION WORDS-2-LEARN

“ Together we brighten the world we all share.”

-ELAINE PARKE

NOVEMBER

Color Cue: SUNNY Yellow

SHOW A POSITIVE ATTITUDE® 33

“SHOW A POSITIVE ATTITUDE”

WORDS - 2 - LEARN

November is a great month to focus on renewing a positive attitude in your classroom. Use your classroom dialogue to remind your students that everything we do in life is a matter of choice — including our attitude. One of the best positive qualities is thankfulness. Discuss the Thanksgiving Holiday in November and how thankfulness helps us keep a positive attitude.

Discuss the fact that we can choose to be in control of our attitude. We can choose to be negative and we can choose who we are negative about. What happens to us is not as important as how we respond to what happens to us. We choose how to respond.

Discuss with your class, this month’s “Words-2-Learn” and how these qualities make our lives better. Bring the sense of these words alive by discussing actual experiences with your students, where the practice of these qualities made a positive difference.

Below, is a list of character words that support our understanding of how to “Show a Positive Attitude.” The color cue for November is “Sunny Yellow” and the symbol for the month is the smiley face. Included here are definitions of words that help us “Show a Positive Attitude.”

Use the following words as the basis for discussions during free periods or as classroom activities where they can be included in vocabulary and spelling exercises. How does the practice of these traits influence our own lives? What are examples of practicing these traits? Can your class think of any more words that encourage, “Showing a Positive Attitude?”

AFFIRMATION

GOODWILL (*3)

OPTIMISM

APPRECIATION

GRATEFUL

POSITIVE

CHEERFULNESS (*1)

HAPPY

RESILIENCE (*5)

CONSIDERATION (*2)

HOPE

SUPPORTIVE

ENTHUSIASM

HUMOR

THANKFULNESS

FAITH

JOY (*4)

* used in planner with week #

Affirmation

af•fir•ma•tion *n.* **1.** The act of affirming or the state of being affirmed; assertion. **2.** Something declared to be true; a positive statement or judgment. **3. Law** A solemn declaration given in place of a sworn statement by a person who conscientiously objects to taking an oath.

1. [n.] The act or an example of stating positively

-assertion	-avowal	-refutation (<i>antonym</i>)
-asseveration	-declaration	-disavowal (<i>antonym</i>)
-averral	-denial (<i>antonym</i>)	

2. [n.] The act of asserting positively

-assertion	-claim	-pronouncement
-allegation	-contention	-statement
-asseveration	-declaration	-denial (<i>antonym</i>)
-averral	-deposition	-disavowal (<i>antonym</i>)
-avowal	-proclamation	

Appreciation

ap•pre•ci•a•tion *n.* **1.** Recognition of the quality, value, significance, or magnitude of people and things. **2.** A judgment or opinion, especially a favorable one. **3.** An expression of gratitude. **4.** Awareness or delicate perception, especially of aesthetic qualities or values. **5.** A rise in value or price, especially over time.

1. [n.] A feeling of regard

-respect	-reverence	-disrespect (<i>antonym</i>)
-esteem	-veneration	-disregard (<i>antonym</i>)
-admiration	-affection	
-awe	-deference	

2. [n.] Sympathetic insight into others' feelings

-sensitivity	-concern	-sorrow
-compassion	-feeling	-pity
-empathy	-commiseration	-insensitivity (<i>antonym</i>)
-identification	-tenderness	-pitilessness (<i>antonym</i>)
-sympathy	-grief	-indifference (<i>antonym</i>)

Cheerfulness

cheer•ful•ness *n.* **1.** Being in good spirits; merry. **2.** Promoting a feeling of cheer; pleasant: a cozy, cheerful room. **3.** Reflecting willingness or good humor.

1. [n.] A tendency always to expect a favorable outcome

-optimism	-sunniness	-hopeful outlook
-sanguineness	-hopefulness	-bright outlook
-confidence		

Consideration

con•sid•er•a•tion *n.* **1. a.** Careful thought; deliberation: *We will give your proposal consideration.* **b.** A result of considering; an opinion or a judgment: *Is it your consideration that I should apply?* **2.** A factor to be considered in forming a judgment or decision: *Safety is the most important consideration in choosing a car.* **3.** A treatment or account: *The essay begins with a brief consideration of the history of the problem.* **4.** Thoughtful concern for others; solicitude. **5.** High regard; esteem. **6.** Payment given in exchange for a service rendered; recompense: *agreed to do it for a small consideration.* **7. Law** Something promised, given, or done that has the effect of making an agreement a legally enforceable contract.

Idioms:

in consideration of **1.** In view of; on account of: *turned back in consideration of the worsening weather.* **2.** In return for: *an honorarium given in consideration of her contributions to the project.*

1. [n.] Thoughtful and kindly attention

-solicitude	-thoughtfulness	-thoughtlessness (<i>antonym</i>)
-concern	-respect	-selfishness (<i>antonym</i>)
-consideration	-kindliness	
-regard		

2. [n.] A feeling of respectful appreciation and affection

-esteem	-respect	-regard
-account	-estimate	-disrespect (<i>antonym</i>)
-admiration	-approval	-contempt (<i>antonym</i>)
-estimation	-veneration	-disdain (<i>antonym</i>)
-favor	-reverence	

3. [n.] The act of observing, or taking into account

-observation	-regard	-attention
-notice	-heed	-remark
-recognition		

4. [n.] Something that influences a decision or moves to action

-motive	-motivation
-cause	-reason

5. [n.] An accommodation made in light of extenuating circumstances

-concession	-abatement
-allowance	-compromise

Enthusiasm

en•thu•si•asm 1. Great excitement for or interest in a subject or cause. 2. A source or cause of great excitement or interest. 3. *Archaic* a. Ecstasy arising from supposed possession by a god. b. Religious fanaticism. Late Latin from Greek *enthousiasmos* from *enthousiazein* to be inspired by a god.

Notes: *Enthusiasm* and this sense of the word go back to the Greek word *enthousiasmos*, which ultimately comes from the adjective *entheos*, “having the god within.

1. [n.] The quality of active mental and physical energy

- | | | |
|----------------|---------------|-------------|
| -verve | -punch | -go |
| -vigor | -starch | -hustle |
| -dash | -spunkiness | -liveliness |
| -drive | -vigorousness | -spirit |
| -get-up-and-go | -vitality | -vivacity |
| -zip | | |

2. [n.] Great intensity of feeling

- | | | |
|------------|-------------|---------------|
| -fervor | -fervidness | -fierceness |
| -ardor | -fire | -feverishness |
| -ardency | -passion | -vigor |
| -fervency | -zeal | -intensity |
| -fervidity | -vehemence | |

3. [n.] Intense absorption or commitment

- | | | |
|---------|--------------|-----------|
| -ardor | -passion | -devotion |
| -fervor | -zeal | -mania |
| -fire | -zealousness | |

4. [n.] A state of heightened emotion and energy

- | | | |
|-------------|-------------|---------------|
| -animation | -liveliness | -vitality |
| -excitation | -vivacity | -zest |
| -excitement | -ebullience | -exhilaration |

Faith

faith *n.* **1.** Confident belief in the truth, value, or trustworthiness of a person, an idea, or a thing. **2.** Belief that does not rest on logical proof or material evidence. **3.** Loyalty to a person or thing; allegiance: *keeping faith with one's supporters.* **4.** Often **Faith** *Theology* The theological virtue defined as secure belief in God and a trusting acceptance of God's will. **5.** The body of dogma of a religion: *the Moslem faith.* **6.** A set of principles or beliefs.

1. [n.] A condition in which one is free from doubt

-certainty	-conviction	-conclusiveness
-assurance	-sureness	-belief
-assuredness	-surety	-trust
-certitude	-positiveness	-presumption
-confidence		

2. [n.] Something one believes or accepts as true

-conviction	-opinion	-tenet
-belief	-persuasion	-creed
-feeling	-sentiment	-doctrine
-mind	-view	

3. [n.] Certainty in another's trustworthiness

-trust	-reliance	-conviction
-belief	-credence	-dependence
-confidence	-certitude	

4. [n.] A religious belief or set of beliefs

-doctrine	-dogma	-teaching
-credo	-gospel	-tenet
-creed	-precept	-theology

5. [n.] A system of belief, principles, or opinions

-creed	-philosophy	-canons
-dogma	-doctrine	-gospel
-religion	-credo	

6. [n.] Acceptance as true or valid

-credence	-trust	-reliance
-belief	-confidence	-certitude
-credit	-assurance	

Goodwill

good•will also **good•will**

n. **1.** An attitude of kindness or friendliness; benevolence. **2.** Cheerful acquiescence or willingness. **3.** A good relationship, as of a business enterprise with its customers or a nation with other nations.

Grateful

grate•ful *adj.* 1. Appreciative of benefits received; thankful. 2. Expressing gratitude. 3. Affording pleasure or comfort; agreeable.
grate•ful•ly *adv.* **grate ful•ness** *n.*

1. [adj.] Tending to give pleasure

- | | | |
|--------------|------------------|---------------------------------|
| -enjoyable | -gratifying | -to one's taste |
| -pleasurable | -congenial | -welcome |
| -pleasant | -appealing | -unenjoyable (<i>antonym</i>) |
| -pleasing | -charming | -unappealing (<i>antonym</i>) |
| -fun | -good | -unpleasant (<i>antonym</i>) |
| -delightful | -positive | -distasteful (<i>antonym</i>) |
| -agreeable | -to one's liking | -uncongenial (<i>antonym</i>) |

2. [adj.] Having or expressing a feeling of gratitude

- | | | |
|---------------|--------------|------------------------------------|
| -appreciation | -obliged | -unappreciative (<i>antonym</i>) |
| -thankful | -obligated | -ungrateful (<i>antonym</i>) |
| -indebted | -beholden to | |

Happy

hap•py *adj.* **hap•pi•er hap•pi•est, hap•pi•ly** *adv.* **hap•pi•ness** *n.* 1. Characterized by good luck; fortunate. 2. Enjoying, showing, or marked by pleasure, satisfaction, or joy. 3. Being especially well-adapted; felicitous: *a happy turn of phrase*. 4. Cheerful; willing: *happy to help*. 5. **a.** Characterized by a spontaneous or obsessive inclination to use something. Often used in combination: *trigger-happy*. **b.** Enthusiastic about or involved with to a disproportionate degree.

1. [adj.] Extremely happy; overjoyed

- | | | |
|------------|------------|------------|
| -exuberant | -elated | -joyful |
| -blithe | -exultant | -joyous |
| -cheerful | -glad | -jubilant |
| -cheery | -high | -rapturous |
| -ecstatic | -delighted | |

2. [adj.] Full of good humor

- | | | |
|----------|---------|-----------|
| -jolly | -jocund | -joyous |
| -gleeful | -jovial | -merry |
| -jocular | -joyful | -mirthful |

Hope

hope *v.* **hoped, hop•ing, hopes** *v. intr.* **hop•er** *n.* 1. To wish for something with expectation of its fulfillment. 2. *Archaic* To have confidence; trust. *v. tr.* 1. To look forward to with confidence or expectation: *We hope that our children will carry on our family traditions.* 2. To expect and desire. *n.* 1. A wish or desire accompanied by confident expectation of its fulfillment. 2. Something that is hoped for or desired: *Success is our hope.* 3. One that is a source of or reason for hope: *the team's only hope for victory.* 4. Often **Hope** The theological virtue defined as the desire and search for a future good, difficult but not impossible to attain with God's help. 5. *Archaic* Trust; confidence.

1. [n.] The likelihood of a given event

-probability	-chance	-possibility
-certainty	-odds	-prospect

2. [n.] A source of help or relief in a time of need

-recourse	-refuge	-resource
-expedient	-resort	

3. [n.] The condition of looking forward to something

-anticipation	-hopefulness	-excitement
-expectancy	-eagerness	-suspense
-expectation		

4. [n.] To desire (that which is another's)

-covet	-want	-wish
-crave	-long for	-seek
-lust after	-dream of	-pursue
-yearn for	-itch for	

Humor

hu•mor *n. v. tr.* **hu•mored hu•mor•ing hu•mors**

1. The quality that makes something laughable or amusing; funniness: *could not see the humor of the situation.* 2. That which is intended to induce laughter or amusement: *a writer skilled at crafting humor.* 3. The ability to perceive, enjoy, or express what is amusing, comical, incongruous, or absurd. 4. One of the four fluids of the body, blood, phlegm, choler, and black bile, whose relative proportions were thought in ancient physiology to determine a person's disposition and general health. 5. A person's characteristic disposition or temperament: *a boy of sullen humor.* 6. An often temporary state of mind; a mood: *I'm in no humor to argue.* 8. **a.** A sudden, unanticipated whim.

1. [n.] The quality of being laughable or comical

-drollery	-waggishness	-seriousness (<i>antonym</i>)
-facetiousness	-wittiness	-sadness (<i>antonym</i>)
-drollness	-jocularly	-gravity (<i>antonym</i>)
-funniness	-wit	-sobriety (<i>antonym</i>)
-ludicrousness	-humorousness	

2. [v.] To make less angry or agitated

-appease	-pacify	-provoke (<i>antonym</i>)
-assuage	-placate	-aggravate (<i>antonym</i>)
-conciliate	-propitiate	-inflame (<i>antonym</i>)
-mollify	-soothe	

3. [n.] A particular state of the mind or emotions

-mood	-tone	-predisposition
-disposition	-vein	-state of mind
-frame of mind	-feeling	-mental state
-temper		

4. [n.] An odd or extravagant impulse

-caprice	-fancy	-notion
-whim	-freak	-urge
-conceit	-megrim	-vagary
-crotchet		

5. [n.] A person's emotional, intellectual, and moral qualities

-personality	-constitution	-nature
-cast	-disposition	-persona
-character	-identity	-spirit
-complexion	-make-up	-temperament

6. [n.] A temporary state of mind or feeling

-mood	-temper	-strain
-frame of mind	-vein	-tone
-spirits	-mind	

7. [n.] A general cast of mind

-disposition	-mood	-sentiment
-attitude	-reaction	-tendency
-feeling		

Joy

Joyfulness

joy•ful *adj.* 1. Feeling, causing, or indicating joy. **joy•ful•ly** *adv.* **joy•ful•ness** *n.*

Joyful**1. [n.] A state of heightened contentment or pleasure**

-enjoyment	-felicity	-exultation
-happiness	-elatedness	-bliss
-cheeriness	-elation	-blissfulness
-gladness	-joyousness	-beatitude
-delight	-jubilation	-ecstasy

Joyful**2. [n.] A state of exuberance**

-gaiety	-jocundity	-lightheartedness
-glee	-jollity	-merriment
-gleefulness	-joviality	-mirth
-hilarity	-joyousness	-high spirits
-jocularly		

Optimism

op•ti•mism *n.* 1. A tendency to expect the best possible outcome or dwell on the most hopeful aspects of a situation: *"There is a touch of optimism in every worry about one's own moral cleanliness"* VICTORIA

1. [n.] A tendency always to expect a favorable outcome

-sanguineness	-hopefulness	-pessimism (<i>antonym</i>)
-cheerfulness	-hopeful outcome	-cynicism (<i>antonym</i>)
-confidence	-bright outlook	-depression (<i>antonym</i>)
-sunniness		

Positive

pos•i•tive *adj.* **pos•i•tive•ly** *adv.* **pos•i•tive•ness** or **pos•i•tiv•ity**

n. 1. Characterized by or displaying certainty, acceptance, or affirmation: *a positive answer; positive criticism.* 2. Measured or moving forward or in a direction of increase or progress. 3. Explicitly or openly expressed or laid down: *a positive demand.* 4. Admitting of no doubt; irrefutable: *positive proof.* 5. **a.** Very sure; confident: *I'm positive he's right.* 6. Formally or arbitrarily determined; prescribed. 7. Concerned with practical rather than theoretical matters. 8. Composed of or characterized by the presence of particular qualities or attributes; real.

1. [n.] A condition in which one is free from doubt

-certainty	-conviction	-belief
-assurance	-sureness	-trust
-assuredness	-surety	-faith
-certitude	-conclusiveness	-presumption
-confidence		

Resilience

re•sil•ience *n.* 1. The ability to recover quickly from illness, change, or misfortune; buoyancy. 2. The property of a material that enables it to resume its original shape or position after being bent, stretched, or compressed; elasticity.

1. [n.] The quality or state of being flexible

-flexibility	-give	-plasticity
-elasticity	-limberness	-pliancy
-flexibleness	-malleability	-suppleness

2. [n.] Capacity to bounce back

-elasticity	-snap	-springiness
-------------	-------	--------------

3. [v.] The ability to recover quickly from depression or discouragement

-buoyancy	-elasticity
-----------	-------------

Supportive

sup•por•tive *adj.* 1. Furnishing support or assistance. **sup•por•tive•ly**

adv. **sup•por•tive•ness** *n.*

Thankfulness

thank•ful *adj.* **thank•ful•ly** *adv.* **thank•ful•ness**

1. Aware and appreciative of a benefit; grateful. 2. Expressive of gratitude: *a thankful smile.*

1. [n.] A feeling or expression of gratitude

-appreciation	-recognition	-ingratitude (<i>antonym</i>)
-acknowledgment	-thanks	-ungratefulness (<i>antonym</i>)
-appreciativeness	-thanksgiving	-thanklessness (<i>antonym</i>)
-gratefulness	-gratitude	

“SHOW A POSITIVE ATTITUDE”

HEALTH FOCUS:

STRESS REDUCTION

“ Together we brighten the world we all share.”

-ELAINE PARKE

NOVEMBER

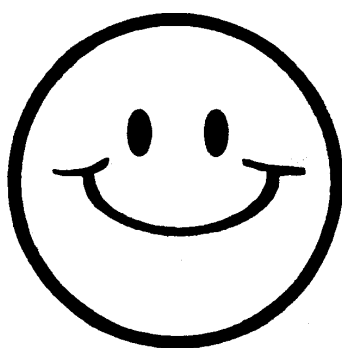
Color Cue: SUNNY Yellow **SHOW A POSITIVE ATTITUDE® 45**

“SHOW A POSITIVE ATTITUDE”

HEALTH FOCUS

The health focus for the month of November is STRESS REDUCTION.

Numerous studies in recent years have linked heart disease and other health problems to stress. Since attitude plays an important role in the stress cycle, we can reduce stress when we keep a positive one. The health tips in the student planners this month are about Stress Reduction. Take time to discuss them with your students.



WEEK 1

.....

Take a STUDY break and get some EXERCISE!

A quick walk around the block frees your mind from what is bugging you, gets your blood circulating, and boosts your energy and concentration.

.....

2

Take a *STRESS* Break!

Count to ten when you're so upset that you want to yell. This buys you some time to calm down and think clearly about what is bothering you.

.....

3

Think about what is going right in your life this week.

Did you hear any good news?

Did someone pay you a compliment?

Did you complete your homework or get a good test grade?

.....

4

Remember to talk your problems over with a friend!

A sympathetic friend can help you see a problem more clearly and help you think of practical solutions.

.....

5

Remember healthy eating!

During the holidays, all those sweets and turkey fixins' add up. Try to do some extra activities to burn off those extra calories. Choose your snacks wisely. Fruits and vegetables are positive foods for a positive attitude!

.....

“SHOW A POSITIVE ATTITUDE” LITERACY ENRICHMENT WRITING / ESSAY ASSIGNMENTS

Put one writing topic on the chalkboard to settle and focus students as they are entering your classroom or when you have extra time to fill-in. Or use them to start classroom discussions. You can even use them as a contest for extra bonus points, or to receive “special reward coupons” or incentives. Submit your best entries to www.CaringHabits.org. We may use the winners in future CHA publications.

“Together we brighten the world we all share.”

-ELAINE PARKE

NOVEMBER



“SHOW A POSITIVE ATTITUDE” LITERACY ENRICHMENT TOPICS / PROMPTS / STARTERS



NOVEMBER

Health Focus: Stress Reduction

Color Cue: Sunny Yellow

In November SHOW a POSITIVE ATTITUDE

What does “Showing a Positive Attitude” truly mean to you?

How do you “Show a Positive Attitude?” (at school? at home? in your community?)

List your “Top 5” Examples of Positive Classroom Attitude.

(To fit your time allotment change 5 to a smaller number.)

Explain how “Showing a Positive Attitude” resulted in something good.

How can you improve your attitude? Explain.

Why is a good education and a positive attitude important to achieving your life’s goals?

Have you recently read a book or watched a tv program where patience and listening skills were used? Explain how?

Who did you interact with today? How did you show a positive attitude toward each of them?

Explain a few positive ways to approach a problem that is difficult for you.

Explain how you respond when you are asked to do something that is difficult for you to do.

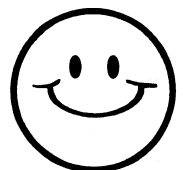
List five positive ways of dealing with anger*. (*sadness, frustration, boredom)

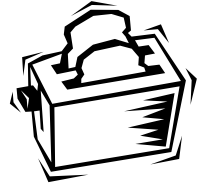
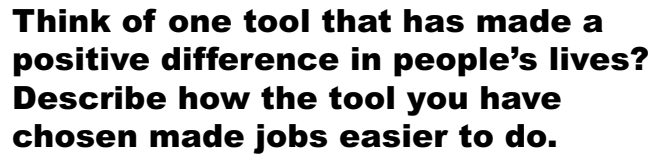
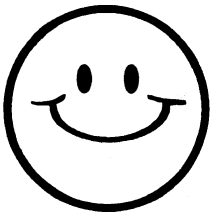
(To fit your time allotment change five to a smaller or larger number.)

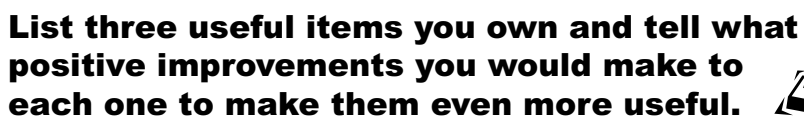
Write a recipe for “Recovering from a Bad Day.”

Write a story* (*song, poem or rap) using as many of this month’s Character Education Words-2-Learn as possible. They are: Affirmation, Appreciation, Cheerfulness, Consideration, Enthusiasm, Faith, Goodwill, Grateful, Happy, Hope, Humor, Joy, Optimism, Positive, Resilience, Supportive, and Thankfulness. (Definitions available in the “Character Education Words-2-Learn” Section of your Idea Book.)

Draw a picture of how you can “Show a Positive Attitude” at school or at home.

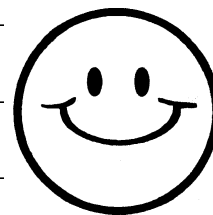


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NOVEMBER

In November SHOW a POSITIVE ATTITUDE **Color Cue: Sunny Yellow** **Health Focus: Stress Reduction**



“SHOW A POSITIVE ATTITUDE” LITERACY ENRICHMENT READING BOOK LISTS

Primary, Young Adult and Mature Readers

“ Together we brighten the world we all share.”

-ELAINE PARKE

NOVEMBER

Color Cue: SUNNY Yellow **SHOW A POSITIVE ATTITUDE® 55**



ABBREVIATIONS KEY

Review Sources and Awards

A.L.A.	American Library Association
AP	Appraisal
BC	Bulletin: Center for Children's Books
BK	Book Links
BL	Book List
CH	Choice
CM	Caldecott Medal/Honor
CS	Child Study Children's Book Committee
EL	Emergency Librarian
ES	Elementary School Library Catalog
FO	Five Owls
HB	Horn Book
KL	Kliatt
KR	Kirkus Reviews
LA	L.A. Recommended Foreign Language
LJ	Library Journal
LT	Library Talk
MR	Multicultural Review
NB	Notable Book
NM	Newbery Medal/Honor
NT	New York Times
PW	Publisher's Weekly
RR	Reference and Research News
SL	School Library Journal
V.O.Y.A.	Voice for Youth Advocates
WC	Wilson's Children
WM	Wilson's Middle and Junior High
WS	Wilson's Senior High
*	starred review

OTHER ABBREVIATIONS

K	Kindergarten
IL	Interest Level
RL	Reading Level
YA	Young Adult



“SHOW A POSITIVE ATTITUDE”

Young Adult Reading Book List (Grades 4 thru 8)

The Abracadabra Kid: A Writer's Life



Sid Fleischman
Greenwillow Books, 1996
198 p., IL 5-8, RL 5.8, Biography
(WC, WM, ES, SL*, A.L.A., NB, BL*, PW*, KR*)

The autobiography of popular Newbery Award-winning author, Sid Fleischman who planned from childhood to be a magician.

Amee-nah; Zuni Boy Runs the Race of His Life



Kenneth Thomasa; Illustrated by Jack Brouwer
Baker Book, 1995
Series: Amazing Indian Children Series
155 p., IL 5-8. RL 4.8, Fiction

Nine-year-old Amee-nah was born with a club foot. When a doctor tells him about an operation that could help, he begins to think about winning the annual stick race.

The Big Bike Race



Lucy Jane Bledsoe; Illustrated by Sterling Brown
 Holiday House, 1995
 90 p., IL 3-6, RL 3.3, Fiction (ES, SL, BK, CS, BL, HB, BC, KR)

Ernest plans to win the Washington, D.C., Citywide Cup bicycle race until his grandmother gives him a big, clunky yellow bike for his birthday.

Bounce Back



Sheryl Swoops with Greg Brown; Illustrated by Doug Keith
 Taylor Pub., 1996
 40 p., IL 3-6, RL 4.2, Fiction

Basketball player Sheryl Swoops, whose U.S. team won an Olympic Gold Medal, explains the importance of persistence and never giving up by using her own life as an example.

The Bread Winner



Arvella Whitmore
 Houghton Mifflin, 1990
 138 p., IL 3-6, RL 5.2, Fiction (SL, BL, BC, KR)

During the Great Depression Sarah's parents are out of work and can't pay the bills. Sarah saves the family by selling her homemade bread.

Cammi Granto: Hockey Pioneer



Thom Loverro
 LernerSports, 2000
 64 p., IL 5-8, RL 6.7, Biography

The biography of Cammi Granto, the American woman who captained the first Olympic women's hockey team to win a Gold Medal.

The Chicken Doesn't Skate



Gordon Korman
 Scholastic, 1998
 197 p., IL 5-8, RL 5.5, Fiction (WM, SL, BL)

When Milo's science project, Henrietta the chicken, becomes the hockey team's mascot, weird and funny things happen. Then Henrietta becomes the team's one chance to have a winning season.

Colin Powell

Diane Patrick-Walker
 Raintree Steck-Vaughn, 1996
 Series: Contemporary African Americans
 48 p., IL 3-6, RL 5.7, Biography (SL, BL, LT, MR)

The life story of Colin Powell, from his childhood to becoming the first black chairman of the Joint Chiefs of Staff.

Come-back Kid

John Elway with Greg Brown; Illustrations by Doug Keith
 Taylor Pub, 1997
 40 p., IL 3-6, RL 3.5, Biography

The life story of the Denver Broncos quarterback, John Elway, who is known for his come-from-behind victories. It includes advice on winning and losing, the value of a sense of humor and performing under pressure.

**Don't Feed the Monster on Tuesdays:
The Children's Self-esteem Book**

Adloph J. Moser; Illustrated by David Melton
 Landmark Editions, 1991
 55 p., IL 3-6, RL 4.6, Non-fiction

Illustrated with lively and colorful cartoon-like drawings, the book explains how to develop and maintain good self-esteem and keep a positive attitude.

Everyday Heros Take A Stand

Jill C. Eheeler
 Abdo & Daughters Pub., 1996
 Series: Everyday Heroes
 31 p., IL 3-6, RL 4.8, Non-fiction

True stories of young people who discovered something that needed to be done and then took action.

Faster Than the Bull

Lutz Braun; Illustrations by Stephen Moore
 Raintree / Steck Vaughn, 1993
 Series: Publish-a-book

A young boy from a small Spanish village dreams of winning the dangerous Running of the Bulls.

Great African Americans in Business



Pat Rediger
Crabtree Publishing Co., 1996
Series: Outstanding African Americans
64 p., IL 5-8, RL 5.5, Non-fiction (SL, BL, LT)

The lives of ten African-Americans who overcame obstacles to their success. Oprah Winfrey, Susan Taylor and Don Cornelius are three of the people included.

The Hundred Dresses



Eleanor Estes; Illustrated by Louis Slobodkin
Harcourt, 1972
80 p., IL 3-6, RL 3.8, Fiction (WC, ES, NM, BK, M LJ, HB)

As meaningful today as it was when it received the Newbery Honor in 1945, this little book tells the story of a child teased by her classmates for a lie. The lie proves to be true in its own way when she is no longer there, and teaches a powerful lesson about friendship and prejudice.

If I Forget, You Remember



Carol Lynch Willians
Bantam Doubleday Dell Books for Young Readers, 1999
201 p., IL 5-8, RL 4.2, Fiction (WM, PW, BL, BC, BR, V.O.Y.A., VO, LA)

Twelve-year-old Elyse's plans to become an author are interrupted when her grandmother, a victim of Alzheimer's disease, moves in with the family.

The Losers Fight Back: A Wild Willie Mystery



Barbara M. Joosse; Illustrated by Sue Truesdell
Clarion Books, 1994
97 p., IL 3-6, RL 3.3, Fiction (SL, CS, BL, KR)

In this sequel to *Wild Willie and King Kyle Detectives*, Willie and his friend Lucy try to turn their soccer team into winners.

Ophra Winfrey: Media Success Story



Anne Saidman
Lerner Publications, 1993
Series: The Achievers
55 p., IL 5-8, RI 5.5, Biography (SL, BL, BR)

The life story of the actress and talk show host, from her difficult childhood on a Mississippi farm to her success in television and movies.

A Peddler's Dream



Janice Shefelman; Illustrated by Tom Shefelman
Eakin Press, 1999
Series: Reading Rainbow Book
32 p., IL 3-6, RL 5.1, Easy (SL, NY, HB)

A Lebanese man comes to the United States to seek his fortune. Despite many difficulties, he makes his dream come true.

Piglet in a Playpen



Ben M. Baggily; Illustrated by Shillelagh McNicholas
Scholastic, 1999
Series: Animal Ark
149 p., IL 3-6, RL 5.6 Fiction

Mandy plans to save her piglet, the runt of the litter, by making her a prize-winning pig.

Stacey the Math Whiz



Ann M. Martin
Scholastic, 1996
Series: Baby-sitters Club
143 p., IL 3-6, RL 3.5, Fiction

The Stonybrook Middle School Math Team has a good chance of winning the state championship, then Stacey is asked to fill in for one of the star members.

The Story of Nike



Scott Hays
Smart Apple Media, 2000
Series: Spirit of Success
48 p., IL 5-8, RL 6, Non-fiction

The story of Nike, the sporting goods company founded by Philip "Buck" Knight.

Stroke of Luck



Christopher Ransom Miller; Illustrated by Bob Haydock
Fearon/Janus, 1981
Series: SporTellers; Pacemaker Book
60 p., IL 5-8, RL 4.8, Fiction

The special friendship of Jeff and Jan, swimmers preparing for the Olympic swimming trials, helps both deal with success and failure.

Things Change

Troy Aikman with Greg Brown; Illustrated by Doug Keith
Taylor Publishing, 1995
40 p., IL 3-6, RL 4.1, Biography

Superbowl quarterback, Troy Aikman, discusses the necessity of facing life with a positive attitude.



“SHOW A POSITIVE ATTITUDE”

Primary Reading Book List (Grades K thru 3)

Abbreviation Code Key at the beginning of this section

Arnold Schwarzenegger: Hard Work Brought Success



Christopher Meeks; Illustrated by Teri Rider
Rourke, 1993
21 p., IL K-3, RL 4.9, Biography

A biography of movie star, Arnold Schwarzenegger, who won championships as a body-builder before moving to the United States and starting a new career in films.

Baby Bird



Joyce Dunbar; Illustrated by Russel Ayto
Candlewick Press, 1998
28 p., IL K-3, RL 1.5, Easy (SL, PW, BL, LT, LA)

While learning to fly, a young bird falls out of his nest and encounters several animals before he finally succeeds.

Junie B. Jones is Captain Field Day



Barbara Park; Illustrated by Denise Brunkus
Random House, 2001
66 p., IL K-3, RL 2.8, Fiction

Junie B., a kindergartner, is captain of her room's Field Day team. Even after losing several events, Junie B. continues to encourage them.

Nate by Night



Jessica Swaim; Illustrated by Helen O'Dea
Portunus, 2000
32 p., IL K-3, RL 2.5, Easy

Nate tries to find ways to make his dreams of success in school, music and sports come true in real life.

Picnic at Mudsock Meadow



Patricia Polacco
Putnam, 1992
32 p., IL K-3, RL 5.2, Easy (SL, PW, BL, HB)

After William loses the pumpkin-carving, pie-eat, and seed-spitting contests; he makes a last-ditch effort to impress Hester in the Dress-Up Competition.

The Plant That Kept Growing



Barbara Brenner; Illustrated by Melissa Sweet
Gareth Stevens, 1999
Series: Bank Street Ready-to-read
31 p., IL K-3, RL 1.9, Easy

When Will and his sister plant lots of seeds to try to win a prize at the 4-H fair, they are amazed by a giant tomato plant that grows and grows.

Roberto: The Insect Architect



Nina Laden
Chronicle Books, 2000
34 p., IL K-3, RL 3.1, Easy (PW, BL, BC, KR)

When no one will hire Roberto as an architect because he is a termite, he sets off for the city to find success.

Rollo Bones, Canine Hypnotist

Marshall M. Moyer
Tricycle Press, 1998
32 p., IL K-3, RL 3.5, Easy (SL, BL, KR, LT, LA)

After Rollo, a dog, wins worldwide fame for his hypnotic abilities, he takes a stand for what he really wants to do.

**Seuss-isms for Success:
Insider Tips on Economic Health for the Good Doctor**

Dr. Seuss
Random House, 1999
Series: Life Favors
26 p., IL K-3, RL 2.5 Easy

A collection of quotations from the books of Dr. Seuss.



“SHOW A POSITIVE ATTITUDE”

Mature Readers Book List (Mature Readers, Teachers and Adults)

Abbreviation Code Key at the beginning of this section

November Mature Readers Book List

The Seven Habits of Highly Effective Teens: The Ultimate Teenage Success Guide



Sean Covey
Simon & Schuster, 1998
268 p., YA, Non-fiction

Discusses seven habits teens can develop to help make positive differences in their lives.

Black Genius: African American Solutions to African American Problems



Walt Mosley, editor
W.W. Norton, 1999
314 p, YA, Non-fiction (WS, PW, BL, RR)

Essays by thirteen successful African-Americans from a wide variety of fields who refused to be held back by race.

Close to the Wind



Pete Goss
Carroll & Graf, 1999
273 p., YA, Biography

Autobiography of the champion sailing racer, Pete Goss, including the most challenging and grueling race of his career, the race where he gave up his chance of winning to rescue another sailor whose boat had sunk.

The Dot and the Line: A Romance in Lower Mathematics



Norton Juster
SeaStar Books, 2001
66 p., YA

A re-print of the 1963 book, this illustrated fable is the story of a line that falls in love with a dot. Her interest in a squiggle pushes the line to amazing creative expressions of his love.

Everyday Heros



Nancy Vittorini
Continuum, 2000
144 p., YA, Non-fiction

Originally published in React Magazine, this collection is true stories of teenagers who have demonstrated heroic qualities of courage or conviction.

Gutsy Girls: Young Women Who Dare



Tina Schwager and Michele Schuerger; Edited by Elizabeth Verdick
Free Spirit Publishing, 1999
261 p., YA, Non-fiction (SL, V.O.T.A., VO, KL)

Twenty-five adventurous young women share their commitment, courage and positive attitude in a variety of activities from skydiving and mountain climbing to building homes.

Join the Golden Rule Revolution*



Elaine Parke; Illustrated by Darlene Patrick
Caring Media International, 2000
288 p., IL Everyone, RL Any, Non-fiction

We can keep our American Spirit alive with a revolution of caring. More nourishing than chicken soup. This book is a refreshing year-round recipe of heart warming daily inspirations, poems and action tips— all organized into lively monthly themes—that transform Golden Rule Habits into happiness. See November - Show a Positive Attitude section for daily teacher / classroom / family reading.

**WARNING! This book is habit-forming. *May cause a happier life.*

Learning Outside the Lines



Jonathan Mooney and David Cole
Simon & Schuster, 2000
286 p., YA, Non-fiction

The authors, both college students with learning disabilities and ADHD, discuss how learning disabled students can have academic success and find support services to help them learn.

Making Everyday Count: Daily Readings for Young People on Solving Problems, Setting Goals and Feeling Good About Yourself



Pamela Espeland and Elizabeth Verdick
Free Spirit Pub., 1998
383 p., YA, Non-fiction (KL)

A collection of 366 quotations and advice to help readers live their lives in the best ways possible and to learn to appreciate themselves.

Paul Harvey's The Rest of the Story



Paul Harvey, Jr.; Edited and compiled by Lynne Harvey
Bantam, 1978
178 p., YA, Non-fiction

A wonderful collection of more than 80 amazing true short stories revealing little-known facts about famous people and historic events.



“SHOW A POSITIVE ATTITUDE” POPULAR MUSIC

“ Together we brighten the world we all share.”

-ELAINE PARKE

NOVEMBER

Color Cue: SUNNY Yellow **SHOW A POSITIVE ATTITUDE® 71**

“SHOW A POSITIVE ATTITUDE”

Over 100 Songs of Happiness

Hey Everybody - *5 Seconds of Summer*
 Happy - *Pharell Williams*
 Hakuna Matata - *Timon and Pumbaa*
 Tupelo Honey - *Van Morrison*
 Wasted Youth - *Roy English*
 Nine in the Afternoon - *Panic! at the Disco*
 Good Feelin' - *Flo Rida*
 All I Wanna Do - *Sugarland*
 All Star - *Smashmouth*
 Goodlife - *One Republic*
 Shut Up and Dance - *Walk the Moon*
 Walking on Sunshine - *Katrina & the Waves*
 Don't Worry Be Happy - *Bobby McFerrin*
 Last Bollar Fly Away - *Tim McGraw*
 Sunshine - *Matis Yahu*
 On Top of the World - *Imagine Dragons*
 A Hundred Million Miracles - *Flower Drum Song*
 A Lovely Night - *Rodgers & Hammerstein's Cinderella*
 A Perfect Love - *Frankie Avalon*
 A Spoonful of Sugar - *Mary Poppins*
 Accentuate the Positive
 All For the Best - *Godspell*
 Be A Clown
 Blessed, I Am Blessed - *Godspell*
 Blessed Quietness
 Bye, Bye Blues
 Celebration - *Kool and the Gang*
 Cockeyed Optimist - *South Pacific*
 Diamonds on the Soles of Her Shoes - *Paul Simon*
 Don't Worry; Be Happy - *Bobby McFerrin*
 Downtown - *Petula Clark*
 Enjoy Yourself - *Kenny Gardner*
 Even the Nights Are Better - *Air Supply*
 Everything's Coming Up Roses - *Ethel Merman*
 Everything is Rosy - *Bye, Bye Birdie*
 Fifty-Ninth Street Bridge ("Feelin' Groovy") - *Harpers Bazarre*
 Freedom - *Shenandoah!*
 Get Happy - *Judy Garland*



Happiness Is - *You're a Good Man, Charlie Brown*
 Happiness is HERE
 Happy Days are Here Again
 Happy Heart
 Happy Talk - *South Pacific*
 Heart - *Damn Yankees*
 High Hopes - *A Hole in the Head*
 His Eye is on the Sparrow - *Ethel Waters*
 I Ain't Down Ye - *The Unsinkable Molly Brown*
 I Believe in Music - *Mac Davis*
 I Choose to be Happy - *Cheryl Prewitt-Salem*
 I Enjoy Being a Girl - *Flower Drum Song*
 I Think I'm Gonna Like It Here - *Annie*
 I Want to be Happy - *No, No Nanette*
 I'll Fly Away
 It Is Well With My Soul
 It's a Grand Night for Singing
 It's a Good Day - *Peggy Lee*
 It's De-Lovely - *Anything Goes*
 It's a Lovely Day Today - *Call Me Madam*
 I've Got a Lot of Living to Do - *Bye, Bye Birdie*
 I've Gotta Crow - *Peter Pan*
 Impossible - *Rodgers & Hammerstein's Cinderella*
 Laugh - *The Monkees*
 Let a Smile Be Your Umbrella
 Let Me Entertain You - *Gypsy*
 Let There Be Love - *Nat King Cole*
 Life is Just a Bowl of Cherries
 Live for Life
 Lord of the Dance - *(Shaker Hymn)*
 Love Makes the World Go Round
 Make Me a Blessing
 Make Someone Happy
 Mary Ann - *The Hilltoppers*
 Message to My Brother - *Bobby Sherman*
 On the Good Ship Lollipop - *Shirley Temple*





Pack Up Your Troubles in Your Old Kit Bag
 Pass It On - *Kurt Kaiser*
 Pocketful of Miracles
 Put On a Happy Face - *Bye, Bye Birdie*
 Reach Out and Touch/Ain't No Mountain High Enough
 Showers of Blessing
 Sing - *The Carpenters*
 Smile
 Smile a Little Smile for Me
 Smile, Darn Ya, Smile!
 Something's Coming - *West Side Story*
 Somewhere - *West Side Story*
 Step Into the Sunshine - *Dave Boyer*
 Sunshine Lane - *Doug Oldham*
 Swingin' On a Star - *Going My Way*
 'S Wonderful - *Ella Fitzgerald*
 Thank God I'm a Country Boy - *John Denver*
 Thank You for the Music - *Abba*
 That's A'more - *Dean Martin*
 The Candy Man - *Sammy Davis, Jr.*
 The Morning After - *Maureen McGovern*
 The Right Place - *Cheryl Prewitt-Salem*
 There Are Smiles - *Mitch Miller*
 There is Sunshine in My Soul
 This Could Be the Start of Something Big
 This is a Very Special Day - *Peggy Lee*
 Tomorrow - *Annie*
 Top of the World - *The Carpenters*
 You Gotta Start Off Each Day With a Song - *Jimmy Durante*
 Happiness Is - *You're a Good Man, Charlie Brown*
 You Are My Sunshine - *American Folk Music*
 You're Just in Love - *Doris*



Up and Away - *The 5th Dimension*
Walking Happy - *Walking Happy*
We Shall Overcome Someday
What a Wonderful Day - *Louis Armstrong*
When You're Smiling - *Judy Garland*
When You Wish Upon a Star - *Pinocchio*
Wonderful - *Sandi Patti*
Wonderful Summer - *Robin Ward*
Wonderbar - *Kiss Me, Kate*
Zip-A-Dee-Do-Dah - *Song of the South*



List other music that helps You to Show You a Positive Attitude below:



“SHOW A POSITIVE ATTITUDE” STORIES & POEMS

“Together we brighten the world we all share.”

-ELAINE PARKE

STORIES AND POEMS
STORIES AND POEMS

NOVEMBER

Color Cue: SUNNY Yellow **SHOW A POSITIVE ATTITUDE® 77**

“SHOW A POSITIVE ATTITUDE”

Stories and Poems

KINDNESS IS COOL

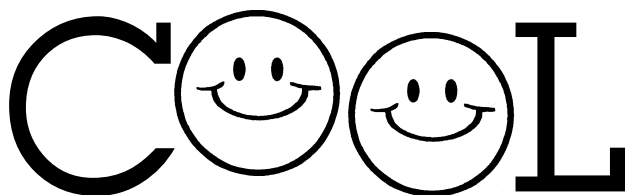
Excerpted from: *The Practice of Kindness*

“In my school we had some problems,” writes a sixth grader. “A bunch of kids who thought they were really cool were being mean to people. One of the parents complained to the principal, and we all got a big lecture. So some kids started a club called ‘It’s Cool to be Kind.’ We would do nice stuff like holding doors open and picking up books and helping teachers, and picking up litter. The club has made my school a nicer place, but I belong because it feels good, not because I think it’s cool.”

Each of us, no matter our age, carries around inside us a small voice that guides us. It is our soul, our conscience, telling us what is right and what is wrong. We simply need to clear away all that background noise so we can hear it.

When we reach out to others, our spirit rings with the pure sweet resonance of a bell. It just feels “right,” which is the acknowledgment that in that moment we are doing what we were created to do.

So listen carefully today. Feel the chords of this beautiful inner song, and you will make of your life a symphony for the world around you.



GOOD MANNERS, ARE THEY IMPORTANT?

Elaine Parke

Did you say 'good morning' to anyone today? If so, was it sincere?

Somewhere along the line (probably in the 1960's), we pretty much decided to quit standing on formality. We decided that informal was the way to go. The immediate use of first names, the lack of dress codes, and the sloppy jeans that appear everywhere now, are easier than respectful good manners.

Dress codes and personal salutations are not standards that should phase in and out like the latest passing fashion fad. Good manners should be more permanent, they are the basis for mutual respect, and certainly they are important to everyone. We shouldn't feel that informality and lack of manners are one and the same. Good manners are appropriate in any work or social environment.

Using good manners means showing courtesy to others. Manners include little things like a sincere friendly greeting, stepping aside in elevators, not entering an office or home without permission, letting someone know where to find you or when to expect you back, and doing your part in the house or office to make the place as neat and pleasant as possible.

I would like to add that good manners are as simple as treating others with respect. Perhaps it's best described by that old standard, the Golden Rule: *Do to others as you would want them to do to you.* I think that is still a good rule to live by.

KIND WORDS



Contributed by Troy Lynn Largent

Each kind word that is spoken
Is much like a drop of rain
That refreshes a withering flower
And helps it to live again.

It's so easy to speak a kind word,
To brighten another's day,
A hand clasp or a smile
Will spread sunshine along the way.

Kind words and smiles
React like a sweet refrain,
To nourish a heart that is lonely,
Like the flowers refreshed by the rain.

PUT YESTERDAYS BEHIND YOU

Contributed by: Carol Caudill Winbarger

Put yesterdays behind you,
They're gone forevermore,
And we cannot see ahead,
To the distant shore.



Enjoy each precious moment
That comes each day,
The laughter of a child,
The flowers along the way.

A phone call from a friend,
A letter sent first class,
Enjoy each little moment,
For quickly they do pass.



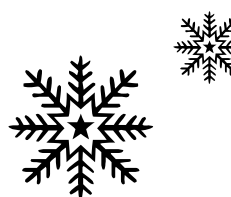
A visit from a neighbor,
A beautiful day in spring,
Take time to listen
To the song the robins sing.



A smile or thoughtful gesture,
A hug from someone dear,
The sharing of a secret,
Softly whispered in your ear.



The sound of rain,
Gently coming down,
The beauty of a snowfall,
As it covers the ground



Make each moment count,
And savor each new day,
For they pass all too quickly,
Enjoy them while you may.

HAPPINESS TIPS

Elaine Parke

There is more pleasure in loving than in being loved. Find something good your child did today and praise, praise, praise. You will find as you look back upon your life, that the moments when you have really lived, are the moments when you have done things in the spirit of love.

Treasure the love you receive above all. It will survive long after your gold and good health have vanished. The sweetest sound of all is praise. Lightening our hearts through childlike play allows us to loosen up and enjoy our days rather than endure them.

Most of us can run pretty well all day on one good compliment. The best things you can give children, next to good habits, are good memories.

The great acts of love are done by those who are habitually performing small acts of kindness.

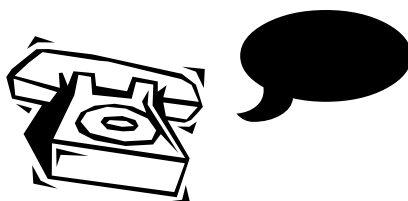
SIMPLE THINGS ARE THE BEST

Joan Bartling

*M*y advice on how to make someone's day special is to use the telephone more. I follow up sympathy cards and get well cards with a phone call. This is what started this habit for me. While I was recuperating at home, following surgery, I discovered the single most encouraging thing others did for me was to call me on the phone. So I started doing it for others.

Birthday greetings and anniversary greetings are also best expressed by phone. It is a source of great happiness to regularly call people living alone when we have severe weather, to alert them and to make sure they are all right.

There are so many times we can ease suffering and loneliness by communicating over the phone. If someone indicates they don't want to talk to me, I say, *"That's OK., just call me back when you feel like talking."*





GO AHEAD AND HAVE A BIG LAUGH!!

by Marion Bond West

I was baby-sitting three of my grandchildren, and it was time to bathe two-year-old Thomas. I got him and all his toys into the tub, and began to wash him, sitting at an angle on the edge so I could continue talking with Jamie and Katie, his sisters.

Then before I could catch myself, I lost my balance, slipped backward and fell into the tub — fully clothed! My granddaughters laughed hysterically. Thomas, observing them for a few seconds, threw his head back and joined in the laughter.

As I sat in the warm water with my arms and legs extended, I felt this tremendous laugh making its way out. I leaned against the pink tiles and let it come. The four of us were joined together by our laughter, which lasted for perhaps three minutes and was exhausting and satisfying and unforgettable.

Of course, I wouldn't have laughed in my young motherhood days. I would have resented anything that made me look less than perfect, and would have been in a nasty mood for the rest of the evening, probably not speaking. And we would never have mentioned the incident again.

LAUGH!

A POSITIVE PERSPECTIVE QUIZ*

from C.W. St. Clair, Michigan



Dear Ann Landers:

People often complain about what a rotten day they had..... they caught a cold or missed a bus, or someone was rude ,or cut them off in traffic.

Here is a questionnaire that should put things in the proper perspective for those who think they had a rotten day. Circle "Y" for YES or "N" for NO to the following questions:

TODAY.....

Did a family member or dear friend die? Y N

Did the tests you took last week reveal you have cancer? Y N

Did your child get hit by a car? Y N

Did your husband (or wife) announce the marriage is over? Y N

Did you lose your job? Y N

Did you get shot at? Y N

Did your young son run away from home? Y N

Did you find out your best friend and your spouse are having an affair? Y N

Did your business go bankrupt? Y N

Did a tornado, hurricane, cyclone or flood hit your house? Y N

Did you suffer a heart attack or stroke? Y N

Did your lover announce he or she "needs more space"? Y N

Did a bomb explode in your area? Y N

Did you just discover a trusted employee has been stealing? Y N

Did your spouse surprise you with divorce papers? Y N

Did somebody break into your home last night? Y N

If you answered "yes" to one of these questions, you have a right to complain that you had a bad day. If not — as Ann would say — quitcherbeefin', and count your blessings.

**Many of these questions are for ADULTS. You may want to get creative with your class about other "student appropriate" questions.*

I FORWARD ONE HUG THE UNIVERSAL RX

Internet —Author Unknown

No moving parts, no batteries.
No monthly payments and no fees;
Inflation-proof, non-taxable,
In fact, it's quite relaxable;

It can't be stolen, won't pollute,
One size fits all, do not dilute.
It uses little energy,
But yields results enormously.

Relieves your tension and your stress,
Invigorates your happiness;
Combats depression, makes you beam,
and elevates your self-esteem!

Your circulation it corrects
Without unpleasant side effects
It is, I think, the perfect drug:
May I prescribe, my friend, the hug!
(and, of course, fully returnable!)



TIPS YOU CAN USE

- ♥ Lighten up this week. A laugh at your own expense costs you nothing.
- ♥ It's good to have money:
but don't lose sight of the things money can't buy.
- ♥ The best thing to hang onto in this world is each other.
- ♥ I expect to pass through life but once. If therefore, there is any
kindness I can show to others, I will do it now.
- ♥ Always have good thoughts, they may break into words at any time.
- ♥ The person who gets ahead in this world
is the one who does more than is necessary.
- ♥ The best thing about our future is that it comes just one day at a time.
- ♥ Happiness is not perfected until it is shared.
- ♥ Joy comes not to him who seeks it for himself,
but to him who seeks it for other people.
- ♥ Share your love and your love will be returned.
- ♥ The most beautiful and best things in the world cannot be seen,
nor touched. They are felt in the heart.
- ♥ We make a living by what we get, but we make a life by what we give.
- ♥ Share your love and your love will be returned.

CHARLENE

Excerpted from: *Daily Guideposts*

Last year, in an after-Holidays visit with my friend, Charlene, I noticed she had a new lamp. Its base was a plaster likeness of a dog with a bandanna tied around its neck. This new piece was definitely not something Charlene would have selected for herself, and I questioned her about it.

"Oh, it was a holiday gift. One of my favorites." I would hardly believe it and said as much. Charlene laughed. "The gift wasn't the lamp. The gift was my grown son searching out something unique for me."

I'm reminded of that conversation today as I put away one of my own holiday presents, a large glass paperweight with a real tarantula suspended inside. Instead of this hairy creature, I'm seeing my friend, Carole, searching for something unique to add to my paperweight collection. I'm reveling in her spirit of giving, even more than the gift itself. I'm remembering Charlene's words; *"The gift wasn't the lamp."*

She's right of course. The real gifts of the holiday season are the loving thoughts of family and friends as they chose something special to give us. That too, is our gift to them. The packages, whatever they contain, are just the happy extra.



"DOES IT REALLY MATTER?"

As we work with others, there are always going to be differences of opinion, understanding and other minor problems. To keep on track during these kinds of distractions, ask yourself this question: "Does it really matter?"

While some things clearly do matter, many people fall apart over things that do not. Frustrations and disappointments can ruin peace of mind and make everything you do seem more difficult.

Maybe your co-workers seem pesky and out-of-sorts today. It doesn't matter—keeping yourself on track matters more. At home, company is coming and your place is hardly ready for them. It doesn't matter—being relaxed and friendly matters more.

When you think about what you really want in your work and in your life, there are many times when you say, "It doesn't really matter," even to situations that would otherwise seem important.

To keep your perspective, ask yourself "Does it really matter?" whenever problems come your way. It has a marvelous way of helping you sort out what is really important and what is not.

SCATTER JOY AND KEEP IT

Excerpted from: *The Practice of Kindness*

There once was a man who decided to dedicate his life to helping others. He went about this task in a very quiet way, showing up to help a neighbor repair a roof or harvest a field, then returning home to tend to his own small field. He was a good farmer, and was thus able to grow many beautiful vegetables, which he gave away to those in need. One day, a terrible storm came up and destroyed his home as well as his fields. His neighbors, grateful for all the kindness he had shown them, rebuilt his home twice as big, planted new crops in his fields, and filled his yard with farm animals.

Looking over this bounty, the man determined that he had so much, he could expand his efforts to help others in the surrounding villages. Rather than hoard what he had, he spent it freely, constantly looking for ways to make people happy. Soon, his deeds were spoken of far and wide, and his name was praised throughout the land. People began to make pilgrimages to his farm because he was such a peaceful and loving person that just to be in his presence was a blessing. When he died after a long and joy-filled life, his village decided to preserve his home as a shrine, so that whoever came there would be reminded of the magnificence of a life lived in service to others.

In our own, unique way, we can have as much impact as this mythical farmer. We don't have to harvest our neighbor's field or give away all that we possess. All it takes is a commitment to scatter joy. Just take a look around and see where it can be sown.

ACCENT THE POSITIVE

Excerpted from: *The Practice of Kindness*

I had one of those days when everything went wrong. It started when I was late for work, wound its way through a mountain of irritated customers, computer breakdowns, short tempered colleagues, car trouble on the interstate which found me walking to a telephone in a drenching thunderstorm. I had also forgot my umbrella, and ended up in a totally irrational and emotionally bruising fight with my husband.

I ran out of the house, trying somehow to outrun all my problems, but the dark cloud just hung over me. As I walked through our neighborhood remembering all the bad things that had happened that day, the storm that had so rudely soaked me earlier began to clear. I came around a corner that overlooked a valley and was treated to one of the most beautiful sights I had ever seen: The clouds had thinned to long, trailing wisps and were floating gracefully apart like some kind of celestial doorway, and the biggest full moon I had ever seen was slowly moving into view.

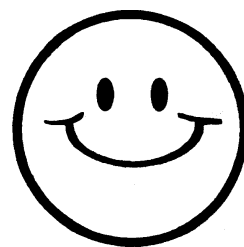
I watched as the light from the moon passed like a hand over the valley, turning the entire rain-soaked valley into a kaleidoscope of reflected light. I just started laughing and crying at the same time. Here I was mired in my own little dirt clod and was being so magnificently reminded by the night sky that there was much more to life than what I was feeling at the moment.

We are very clever at finding everything that is wrong. And once discovered, we get stuck, like a deer caught in the headlight, intensely focusing on it. In order to be kind to ourselves, we need to learn to see our problems in their real context—to open our eyes and heart wide enough to drink in all the beauty and joy that is always around us, no matter what is going on.

HOW TO GET AND KEEP A POSITIVE ATTITUDE

Yvette Cowell

How do you have a positive outlook, achieve goals, grasp onto your life and never let go? First, begin by living one day at a time, learn from yesterday's mistakes, and put your knowledge towards your future. Always reward yourself, pamper yourself, take advantage of self-quality time. Remember, you deserve only the finer things in life, and never settle for less!





MAKE SOMEONE'S DAY SPECIAL

Sandra Hanson

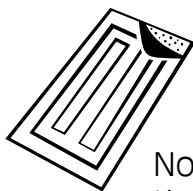
We had moved to a new town, and one day we began talking to our neighbor. My husband, Howard, mentioned that he had found a job at last after months of searching.

That afternoon, to our surprise, she brought over a cake she had baked. She decorated it with "Congratulations, Howard". We thought this was a wonderful thing to do, and it really made us feel welcome.

Her kind gesture made moving to a new area much less frightening. Now, whenever a new neighbor moves in, we do the same thing for them, and in turn, they do it for someone else. It really makes a big difference when people do something nice for their new neighbors.

I get a great deal of pleasure when I do things for other people. I try never to miss a chance to tell someone how nice they look, or how pretty their sweater or scarf looks etc. You'd be surprised how many times I've had them say, "Thanks, I was feeling kind of low and you gave me a boost." Also, when somebody says they forgot to get something, such as hand cream, soap, etc., I get it and give it to them. They are so surprised and pleased.

So when you do something nice for someone else, you are the one who really benefits. It will make you feel so happy.



BRIDGING THE GENERATION GAP



No one is too old for an indoor campout! The older generation can put their feet up in the recliner, and the younger folk can roll out the sleeping bags on the floor.

Decide just where you want to pretend to be, and put on an environmental cassette to set the mood. These come in all kinds: ocean, stream, tropical rain forest, etc.

The perfect beginning for your overnight stay would be to cook your supper in the fireplace (baked potatoes, roast corn, vegetable soup). If you don't have a fireplace, then bring along the cooler, just like you would outdoors, and have lots of yummy things ready for little people to eat. Don't forget the canteens and the flashlights, but no need to worry about bug repellent!

ATTITUDE PREVAILS

Excerpted from: *Chicken Soup for the Soul*

Jerry, our restaurant boss, was the kind of guy you just had to love. He was always in a good mood, and always had something positive to say. When someone would ask him how he was doing, he would reply, *"If I were any better, I would be twins!"*

He was a unique manager because he had several waiters who had followed him around from restaurant to restaurant. The reason the waiters followed Jerry was because of his attitude. He was a natural motivator. If an employee was having a bad day, Jerry was there telling the employee how to look on the positive side of the situation.

Seeing this style really made me curious, so one day I went up to Jerry and asked him, *"I don't get it! You can't be a positive person all the time. How do you do it?"*

Jerry replied, *"Each morning I wake up and say to myself, Jerry you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood. Each time something bad happens, I can choose to be a victim or I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I choose the positive side of life."*

"Yeah, right, it's not that easy," I protested. *"Yes it is,"* Jerry said. *"Life is about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people will affect your mood. You choose to be in a good mood or in a bad mood. The bottom line is: it's your choice how you live life."*

I reflected on what Jerry had said. Soon thereafter, I left the restaurant industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it.

Several years later, I heard that Jerry did something you are never supposed to do in the restaurant business: he left the back door open one morning and was held up at gun point by three armed robbers. While trying to open the safe, his hand, shaking from nervousness, slipped off the combination. The robbers panicked and shot him.

Luckily, Jerry was found relatively quickly and rushed to the local trauma center. After 18 hours of surgery and weeks of intensive care, Jerry was released from the hospital with fragments of the bullets still in his body. I saw Jerry about six months after the accident. When I asked him how he was, he replied, *"If I were any better, I'd be twins!"* *"Wanna see my scars?"* I declined to see his wounds, but did ask him what had gone through his mind as the robbery took place.

"The first thing that went through my mind was that I should have locked the back door," Jerry replied. *"Then as I lay on the floor, I remembered that I had two choices: I could choose to live, or I could choose to die. I choose to live."*

"Weren't you scared? Did you lose consciousness?" I asked. Jerry continued, *"The paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the emergency room and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read, 'He's a dead man.' I knew I needed to take action."*

"What did you do?," I asked. *"Well, there was a big burly nurse shouting questions at me,"* said Jerry. *"She asked if I was allergic to anything."* *"Yes,"* I replied. The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, *"Bullets!"* Over their laughter, I told them, *"I am choosing to live. Operate on me as if I am alive, not dead."*

Jerry lived, thanks to the skill of his doctors, but also because of his amazing attitude. I learned from him that every day we have the choice to live fully. Attitude, after all, is everything.



“SHOW A POSITIVE ATTITUDE” INSPIRING QUOTES

“ Together we brighten the world we all share.”

-ELAINE PARKE

NOVEMBER

“SHOW A POSITIVE ATTITUDE” Inspiring Quotes

(Listed alphabetically by Author's Last Name)

Use these quotations in morning announcements, radio spots, closed circuit television, monthly calendars or other forms of communications during the month. Other classroom activities using quotes are listed on pages 20 and 21.

If mom's not happy, nobody's happy.

ANNE, AGE 13

It's bad to hold in laughter. It goes down inside and spreads to your hips.

FRED ALLEN

Everyone smiles in the same language.

AUTHOR UNKNOWN

He who laughs, LASTS!

AUTHOR UNKNOWN

*Love makes the world go round,
but laughter keeps us all from jumping off.*

AUTHOR UNKNOWN

If at first you DO succeed, no one will believe how hard the job was.

AUTHOR UNKNOWN

May your ceilings always be high
and your visibility unlimited.

AUTHOR UNKNOWN



Smiles make life easier. It takes 72 muscles to frown and only 14 to smile.

AUTHOR UNKNOWN

Aqua-dexterous - (adjective) possessing the ability to turn the bathtub on and off with your toes.

AUTHOR UNKNOWN

No one can make you unhappy without your consent.

AUTHOR UNKNOWN

Blessed are they who can laugh at themselves,
for they shall never cease to be amused.

AUTHOR UNKNOWN

Its nice to work with friendly people. Be one.

AUTHOR UNKNOWN

Most smiles are started by another smile.

AUTHOR UNKNOWN

You can catch more flies with honey than vinegar.

AUTHOR UNKNOWN

SMILE, it uses less calories.

AUTHOR UNKNOWN

*Why is it that the grocery bags that breaks
is always the one with the eggs in it?*

AUTHOR UNKNOWN

It isn't your position that makes you happy or unhappy;
it's your disposition.

AUTHOR UNKNOWN

Blessed is the person who is too busy to worry in the daytime
and too sleepy to worry at night.

LEO AIKMAN

*A positive attitude may not solve your problems,
but it will annoy enough people to make it worth your effort.*

HERM ALBRIGHT

My great hope is to laugh as much as I cry;
to get my work done and try to love somebody
and have the courage to accept the love in return.

MAYA ANGELOU, AMERICAN POET

Smiles are the soul's kisses.

MINNA ANTRIM, "NAKED TRUTH AND VEILED ALLUSIONS"

All sunshine makes a desert.

ARAB PROVERB

What's the use of worrying? It never was worthwhile.
So, pack up your troubles in your old kit-bag, and smile, smile, smile.

GEORGE ASAF (GEORGE H. POWELL) PACK UP YOUR TROUBLES IN YOUR OLD KIT-BAG

In the prison of his days, teach the free man to praise.

W. H. AUDEN

If you want to be gloomy,
there's gloom enough to keep you glum;
If you want to be happy,
there's gleam enough to keep you glad.

MALTHIE D. BABCOCK

The best way to pay for a lovely moment is to enjoy it.

RICHARD BACH, "THE BRIDGE ACROSS FOREVER"

What the world needs is more love and less paperwork.

PEARL BAILEY, AMERICAN ACTRESS-SINGER

If you are happy, you can always learn to dance.

BALINESE SAYING

You grow-up the day you have your first real laugh.

ETHEL BARRYMORE

The older you get the more you realize
that kindness is synonymous with happiness.

LIONEL BARRYMORE, AMERICAN ACTOR

Happiness is a conscious choice, not an automatic response.

MILDRED BARTHEL

If you can give your child one gift, let it be enthusiasm.

BRUCE BARTON

Laughter changes our perception of pain; physical and emotional.

DR. ROBERT BASSO

Any positive thinker is compelled to see everything
in the light of his own convictions.

ANTOINETTE BROWN BLACKWELL

There is no cosmetic for beauty like happiness.

LADY MARGUREITE BLESSINGTON

*Nothing is miserable but what is thought so, and contrati-wise
every estate is happy if he bears it to be content.*

BOETHIUS

The shortest distance between to people is laughter.

VICTOR BERGE

And what looks dark in the distance may brighten as I draw near.

MARY GARDNER BRAINARD, "NOT KNOWING"

And a smile that is sweet will surely find a smile that is just as sweet.

MADELINE BRIDGES, "LIFE'S MIRROR"

Everybody's got a laughing place.

Trouble is . . . most folks won't take time to go look for it!

BRIAR RABBIT, UNCLE REMUS, "SONGS OF THE SOUTH"

There are only two ways of changing people —one is by education of spirit, mind, and body, and the other is by violence . . . education is the one peaceful technique for creating changes for the better.

HOWARD H. BRINTON

If the earth's creator had meant us to be gloomy, he would, it seems to me, have clothed the earth in black, not in the lively green, which is the livery of cheerfulness and joy.

FRANCES BROOKE

Look not thou down but up!

ROBERT BROWNING, BRITISH POET, "RABBI BEN EZRA"

Grow old along with me! The best is yet to be.
The last of life, for which, the first is made.

ROBERT BROWNING, BRITISH POET

We must laugh before we are happy, for fear we die before we laugh at all.

JEAN DE LA BRUYERE

People are always good company when they do what they really enjoy.

SAMUEL BUTLER, BRITISH AUTHOR

*That is happiness;
to be dissolved into something completely great.*

WILLA CATHER, AMERICAN AUTHOR, "MY ANTONIA"

Sing away sorrow, cast away care.

MIGUEL DE CERVANTES, SPANISH AUTHOR

The most wasted day of all is that on which we have not laughed.

SEBASTIEN ROCH NICHOLAS CHAMFORT

The soul would have no rainbow had the eyes no tears.

JOHN VANCE CHENEY

Where there is life ther is hope.

CICERO

A winning smile is the best accessory any dress ever had.

C. TERRY CLINE, JR.

He who loses hope may then part with anything.

WILLIAM CONGREVE, BRITISH AUTHOR AND PLAYWRIGHT

Every day in every way I'm growing better and better.

EMILE COUE

Nothing in life is there to be feared.
It is there to be understood.

MARIE CURRIE, SCIENTIST

If you want others to be happy, practice compassion.
If you want to be happy, practice compassion.

DALIA LAMA

If you are tempted to reveal
 A tale to you someone has told
 About another, make it pass
 Before you speak, three gates of gold.

These narrow gates: First, 'Is it true?'
 Then, 'Is it needful?' In your mind
 Give truthful answer. And the next
 Is last and narrowest, 'Is it kind?'

And if to reach your lips at last
 It passes through these gateways three,
 Then you may tell the tale, nor fear
 What the result of speech may be.

BETH DAY

**The kind of humor I like is the thing that makes me laugh
 for five seconds and think for ten minutes.**

WILLIAM DAVIS

The moon belongs to everyone,
 The best things in life are free.
 The stars belong to everyone,
 They gleam there for you and me.

B. G. DESILVIA, LEW BROWN AND RAY HENDERSON

I was born serious and I have earned my bread making other people laugh.

MARIE DRESSLER, AMERICAN ACTRESS, "MY OWN STORY"

Happy the man, and happy he alone,
 He, who can call to-day his own:
 He who, secure within can say,
 Tomorrow do thy worst, for I have lived today.

JOHN DRYDEN, BRITISH POET

It is impossible to live pleasurably without living wisely, well, and justly,
 and impossible to live wisely, well, and justly without living pleasurably.

EPICURUS

Start every day off with a smile —and get it over with.

W. C. FIELDS, AMERICAN ACTOR

I don't think of all the misery but of the beauty that still remains.

ANNE FRANK, "THE DIARY OF A YOUNG GIRL"

A great pleasure in life is doing what people say you cannot do.

WALTER GAGEHOT

Laughter is a tranquilizer with no side effects.

ARNOLD H. GLASOW

Hope, like the gleaming taper's light,
Adorns and cheers our way;
And still, as darker grows the night,
Emits a brighter day.

OLIVER GOLDSMITH, BRITISH POET AND PLAYWRIGHT

People need joy quite as much as clothing. Some of them need it far more.

MARGARET COLLIER GRAHAM, "GIFTS AND GIVERS"

Don't hurry, don't worry. You're only here for a short visit.
So be sure to stop and smell the flowers.

WALTER C. HAGEN

Life is like a box of chocolates. You never know what you're going to get.

TOM HANKS, "FORREST GUMP"

There's nothing as cranky as a constipated gorilla.

DR. T. J. HENDERSON

**The pessimist sees the difficulty in every opportunity;
the optimist sees the opportunity in every difficulty.**

L. P. JACKS

Happiness is a form of courage.

HOLBROOK JACKSON

Blues are the songs of despair, but gospel songs are the songs of hope.

MAHALIA JACKSON, SINGER, "MOVIN' ON UP"

When you're hungry, sing: when you're hurt laugh.

JEWISH FOLK SAYING

Good movies make you care, make you believe in possibilities again.

PAULINE KAEI, AMERICAN FILM CRITIC

Hope is the feeling you have that the feeling you have isn't permanent.

JEAN KERR, AUTHOR, "FINISHING TOUCHES"

You can't really be strong until you see a funny side of things.

KEN KESEY, "ONE FLEW OVER THE CUCKOO'S NEST"

The worst things in your life may contain seeds of the best. When you can see crisis as an opportunity, your life becomes not easier, but more satisfying.

JOE KOGEI

Nobody gets to live life backward. Look ahead— that's where your future lies.

ANN LANDERS, ADVICE COLUMNIST

Two men look out through the same bars; One sees mud and one the stars.

FREDERICK LANGBRIDGE

You can make your world so much larger simply by acknowledging everyone else's.

JEANNE MARIE LASKAS

A cheerful mind is a vigorous mind.

NINON DE LENCLOS

I am content, and I am happy, because I think I am.

ALAIN-RENE LESAGE

Laughter, by definition, is healthy!

DORIS LESSING, "THE SUMMER BEFORE THE DARK"

Happiness isn't something you experience; it's something you remember.

OSCAR LEVANT, AMERICAN MUSICIAN

Things turn out the best for people who make the best of the way things turn out.

ART LINKLETTER

A sound mind in a sound body, is a short but full description of a happy state in this world.

JOHN LOCKE

Happiness is a thing to be practiced, like the violin.

JOHN LUBBOCK

A prison is never narrow when the imagination can range in it as it will.

MARGUERITE OF NAVARRE

Laugh at yourself first, before anyone else can.

ELSA MAXWELL

You are genuinely happy if you don't know why.

JOSEPH MAYER

Laughter translates into any language.

"GRAFFITI," McNAUGHT SYNDICATE

A smile is the chosen vehicle for all ambiguities.

HERMAN MELVILLE, AMERICAN AUTHOR

Sometimes I just feel so good all over.

STEPHANIE MILLS, AMERICAN SINGER-ACTRESS

**Occupy your mind with good thoughts,
or the enemy will fill them up with bad ones.**

ST. THOMAS MORE

There is no such thing as darkness; only a failure to see light.

MALCOLM MUGGERIDGE

My best feature's my smile. And smiles don't get fat!

JACK NICHOLSON, AMERICAN ACTOR

Happiness is a by-product of an effort to make someone else happy.

GRETTA BROOKER PALMER, "PERMANENT MARRIAGE"

"Oh yes, the game was just to find something about everything to be glad about — not matter what 'twas," rejoined Pollyanna earnestly. "And we began right then — on the crutches."

"Well, goodness me! I can't see anythin' ter be glad about — gettin' a pair of crutches when you wanted a doll!" . . . "Goosey! Why, just be glad because you don't — need — 'em!"

ELEANOR H. PORTE, AMERICAN AUTHOR, "POLLYANNE"

He who has a merry heart, has a continual feast.

OLD PROVERB

Try to make the world laugh—it already has enough to cry about.

RICHARD PRYOR, AMERICAN ACTOR-COMEDIAN

Be cheerful while you are alive.

PTAHHOTEP

Sooner or later, we've got to polish ourselves up, we've transformed it, within.

RANIER MARIA RILKE, "THE DUINO ELEGIES"

Onions make people cry but there's never been a vegetable discovered that makes people laugh.

WILL ROGERS

You cannot hold back a good laugh any more than you can the tide. Both are forces of nature.

WILLIAM ROTSLER

When love and skill work together, expect a masterpiece.

JOHN RUSKIN

Making joy in life is a woman's best cosmetic.

ROSALIND RUSSEL

All good things have come to me since I no longer seek them for myself.

ST. JOHN OF THE CROSS

You have to sniff out joy. Keep your nose to the joy-trail.

BUFFY SAINTE-MARIE, NATIVE AMERICAN FOLK SINGER

The only way on earth to multiply happiness is to divide it.

PAUL SCHERER

It better befits a man to laugh at life than to lament over it.

LUCIUS ANNAEUS SENECA

Frame your mind to mirth and merriment which bars a thousand harms and lengthens life.

WILLIAM SHAKESPEARE, "THE TAMING OF THE SHREW"

Silence is the perfectest herald of joy:
I were but little happy if I could say how much.

WILLIAM SHAKESPEARE, BRITISH PLAYWRIGHT AND POET

Fair thought and happy hours attend on you.

WILLIAM SHAKESPEARE, "THE MERCHANT OF VENICE"

A happy woman is one who has no cares at all;
a cheerful woman is one who cares, but doesn't let them get her down.

BEVERLY SILLS, RETIRED AMERICAN OPERA SINGER

We know nothing of tomorrow; our business is to be good and happy today.

SYDNEY SMITH

Never give up and if you can, find the courage to love again.

DANIELLE STEELE, AMERICAN AUTHOR

Laughter gives confidence; its absence causes dispute.

TAMASHEK

If your efforts are sometimes greeted with indifference, don't lose heart—the sun puts on a great show every daybreak, yet most of the people in the audience go on sleeping.

ARDNA F. TEIXERIA

Hope is the only good that is common to all men;
those who have nothing posses hope still.

THALES

*I've always believed no matter how many shots I miss,
I'm going to make the next one.*

ISIAH THOMAS, FORMER BASKETBALL PLAYER, DETROIT PISTONS

Always do what you say you are going to do.
It is the glue and fiber that binds successful relationships.

JEFFRY A. TIMMONS, "THE ENTREPRENEURIAL MIND"

Keep your face to the sunshine, and you'll never see the shadows.

DEBBYE TURNER, MISS AMERICA 1990

There may be peace without joy, and joy without peace,
but the two combined make happiness.

LORD JOHN BUCHAN TWEEDSMUIR, "PILGRIM'S WAY"

Laughter . . . the most civilized music in the world.

SIR PETER USTINOV, BRITISH ACTOR, "DEAR ME"

Rainbows are the apology of angry skies.

SYLVIA A. VOIROL

Life teaches us to be less harsh with ourselves and with others.

JOHANN WOLFGANG VON GOETHE, GERMAN PLAYWRIGHT

*You can't give people pride, but you can provide the kind of understanding that
makes people look to their inner strengths and find their own sense of pride.*

CHARLESZETTA WADDLES

Joy is not in things; it is in us.

RICHARD WAGNER

*Don't wait around for other people to be happy for you.
Any happiness you get you've got to make yourself.*

ALICE WALKER, AMERICAN AUTHOR

Laughter is the brush that sweeps away the cobwebs of the heart.

MORT WALKER, CREATOR, "BEETLE BAILEY" COMIC STRIP

A warm smile is the universal language of kindness.

WILLIAM ARTHUR WARD, "REWARD YOURSELF"

The excursion is the same when you go looking for your sorrow
as when you go looking for your joy.

EUDORA WELTY, "THE WIDE NET"

**A pat on the back is only a few inches away from a kick
in the pants, but it is miles ahead in getting results.**

V. WILCOX

Here is a recipe for the blues which is worth a dozen medical remedies:

Take one spoonful of pleasant memories.
Take two spoonfuls of endeavors for the happiness of others.
Take two spoonfuls of forgetfulness of sorrow.
Mix well with a half pint of cheerfulness.
Take a portion of this mixture every hour of the day.

FRANCES WILLARD

Smile! It improves your face value.

"ZIGGY," TOM WILSON

Cheer up: Birds have bills too, but they keep on singing.

"ZIGGY," TOM WILSON

The world of the happy is quite different from that of the unhappy.

LUDWIG WITTGENSTEIN

So always look for the silver lining and try to find the sunny side of life.

P. G. WODEHOUSE

If all the people were clever, and all the clever people were good,
the world would be nicer than ever, we thought that it possibly could.

ELIZABETH WORDSWORTH, "THE CLEVER AND THE GOOD"



“SHOW A POSITIVE ATTITUDE” REPRODUCIBLE SECTION

REPRODUCIBLES
REPRODUCIBLES

***Please make copies of these
curriculum enrichment (and FUN)
worksheets for each of your
students this month.***

NOVEMBER

This is your NOVEMBER Show a Positive Attitude®

FUN Activities

SECTION



Here are some fun activities to enjoy at school or at home!

HOLIDAYS in November.

Veterans Day was established in 1926 and was originally called "Armistice Day". This is the holiday to honor those who served in the Armed forces. We all know how hard it must have been for these men and woman to have kept a positive attitude and done their best to defend our country. Because they practiced caring habits and did their jobs well, we are a free country today.

Do you know the name of the speech by Abraham Lincoln that contained only 262 words, and 202 of them were only one-syllable?

Did this speech demonstrate a positive attitude about our history and about our country?

Micky Mouse's Birthday is this month. Who created Mickey Mouse and gave him life on this day?

How old was Mickey Mouse in the year 2000?

What state is the Grand Canyon in?

0 1 2 3 4 5 MATH Stumpers 6 7 8 9 0



There was a man with a very positive attitude who decided to see some of the great country we live in. He left his home in Pittsburgh, Pennsylvania, and drove to a little town in Ohio. When he looked at the mileage on the odometer, he had traveled 54 miles. He did a little sight seeing and drove another 62 miles. He made the next stop after traveling another 49 miles. How many miles from Pittsburgh was he? miles

If the same man, with his positive attitude, decided to continue his journey another 111 miles to the next point of interest, how many total miles did he drive? miles

If the man with the positive attitude averaged 46 miles per hour while he was driving, how many hours of actual driving did he do? hours



In November and all year round "Show a  **Positive** ATTITUDE.™"

Dic•tion•ary FUN

A dictionary entry shows each word divided into syllables. Leave a space or a dot to show where a word can be divided at the end of a line of writing. "Think positive!"

Appreciation ap pre ci a tion
Cheerfulness cheer ful ness
Enthusiasm _____
Grateful _____
Optimism _____

Happy _____
Humor _____
Joyful _____

ABCDEFGHIJKLM Alphabet-izing Quiz NOPQRSTUVWXYZ

Arrange these November words in alphabetical order by number. "Think positive!"

Positiveness	_____	Joyfulness	_____	Grateful	_____
Appreciation	<u>1</u>	Faith	_____	Goodwill	_____
Humor	_____	Resilience	_____	Supportive	_____
Optimism	_____	Enthusiasm	<u>2</u>	Hope	_____

Odd Word Out Exercise

Three of the four words in each line below belong together. Cross out the word that doesn't belong to November's Wonderful People Habit - "Think positive!"

approval	esteem	dislike	respect
concern	empathy	indifference	feeling
unpleasant	delightful	pleasing	enjoyable
soothe	inflame	mollify	appease

GRAMMAR Stumpers


Prefix is a word part placed at the beginning of a word that can change the meaning of the word. "Think positive!"

de is a common prefix **detract, decline, dehydrate**

now it is your turn, try the prefix **ex**

ex _____	ex _____	ex _____
ex _____	ex _____	ex _____



In **November** and all year round "Show a  **Positive** ATTITUDE.™"

WORD-2-LEARN Story for November

We all know it can be hard to show a positive attitude all the time. Some days just don't seem to go our way and we get discouraged. We seem to lose our e. about things.

It helps to start a positive day when we wake up and say to ourselves—
*"Today I will have a positive a. no matter what happens.
 I will be g. for all the good things in life. I will have faith
 that everything today will be positive, and I will be happy!"*

I will show my a. and t. for all the people I encounter today by showing them a p. attitude. This includes my parents, friends, teachers, and neighbors, and anyone else I may encounter in my daily routine. I will also try to encourage them to have a positive attitude.

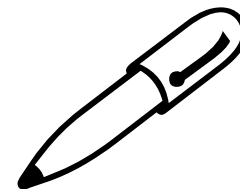
I think sometimes that by not taking the day too seriously, and seeing humor in things, we can show a little more j. and c. toward others.

List some ways you too can show others a positive attitude, or ways you can help someone else show a positive attitude.

.....

.....

.....



- ☐ Appreciation
- ☐ Attitude
- ☐ Cheerfulness
- ☐ Enthusiasm
- ☐ Grateful
- ☐ Joyfulness
- ☐ Positive
- ☐ Thankfulness



FILL-IN the B_____s!

We must always have h_____ that things will turn out the way we want them to.

O_____ is having a p_____ attitude, and thinking only the best of thoughts about everything that happens to you.

We all promote g_____ when we demonstrate a positive a_____ towards others.

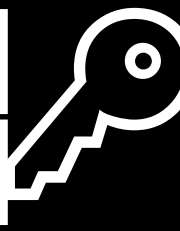
S_____ from others helps us keep a positive attitude about ourselves.

- ☐ attitude
- ☐ goodwill
- ☐ hope
- ☐ optimism
- ☐ positive
- ☐ supportiveness

NOVEMBER - Show a Positive Attitude® PUZZLE

Each number is matched with a letter of the alphabet, but not in the order that we know them. Using the chart below, match the letters to the numbers to spell out messages that will remind you to "Show a Positive Attitude®".

1 C	2 H	3 N	4 R	5 A	6 Y	7 E	8 W	9 B	10 U	11 P	12 S	13 F
14 L	15 X	16 O	17 K	18 M	19 I	20 T	21 G	22 Q	23 V	24 Z	25 D	26 J



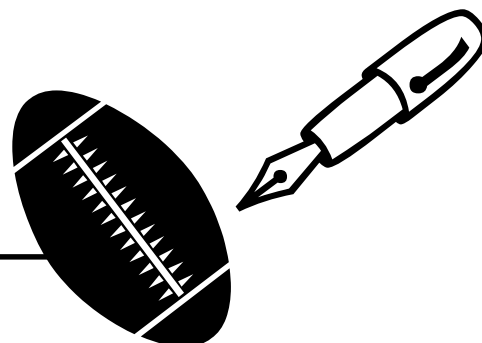
12 18 19 14 7 ! 19 20 19 18 11 4 16 23 7 12

6 16 10 4 13 5 1 7 23 5 14 10 7 !

6 16 10 4 7 3 7 23 7 4 13 10 14 14 6

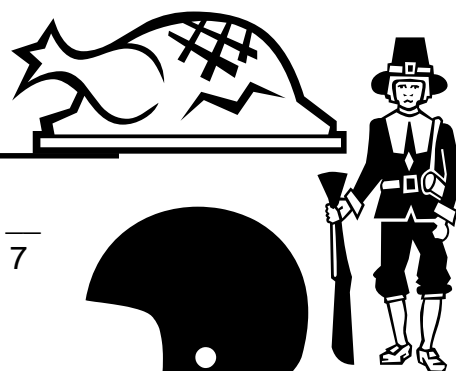
25 4 7 12 12 7 25 8 19 20 2 16 10 20

5 12 18 19 14 7



14 5 10 21 2 20 7 4 20 4 5 3 12 14 5 20 7 12

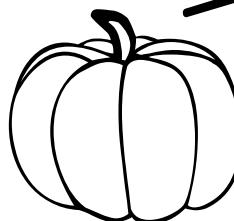
19 3 20 16 5 3 6 14 5 3 21 10 5 21 7




1 2 7 7 4 10 11 ! 9 19 4 25 12 2 5 23 7

9 19 14 14 12 20 16 16 9 10 20 20 2 7 6

17 7 7 11 16 3 12 19 3 21 19 3 21



In November and all year round "Show a  Positive ATTITUDE.™"

An Adventurous TRIP to the MOON!

Well it's November, and this is the month to show a positive attitude. If we are going to go all the way to the moon, we can't get discouraged now. We will certainly need a positive attitude Right?

We have learned a little about our earth, and about the atmosphere that we will be traveling through. Now let's take a quick look at our destination, the moon.

The moon is the earth's only natural satellite. The moon is cold and has no life or light of it's own. We learned that the moon is 240,000 miles from earth. The moon orbits around the earth. When the moon orbits between the earth and the sun we see an eclipse of the sun.

The moon has no water and almost no atmosphere. It has a rigid crust about 37 miles thick, and a mantle of denser rock about 500 miles deep. In the center of the moon is a small iron core, surrounded by a partially molten zone.

The moon's surface is a combination of densely craterous and mountainous highlands and large, roughly circular, smooth floored plains called maria.

Well, how does it sound so far? Is the moon a place you want to visit? At least this visit will satisfy our curiosity—even if we can't buy an ice cream cone or a good hamburger. Next month we will get things ready for the trip.

Do you now know what the following gases are? Let's review them while we're waiting.

Argon gas: A colorless, odorless, inert gaseous element constituting approximately one per cent of the earth's atmosphere.


Carbon Dioxide: A colorless, odorless, incombustible gas, formed during respiration, combustion and organic decomposition. It is used in food refrigeration, carbonated beverages, inert atmospheres, fire extinguishers, and aerosols.

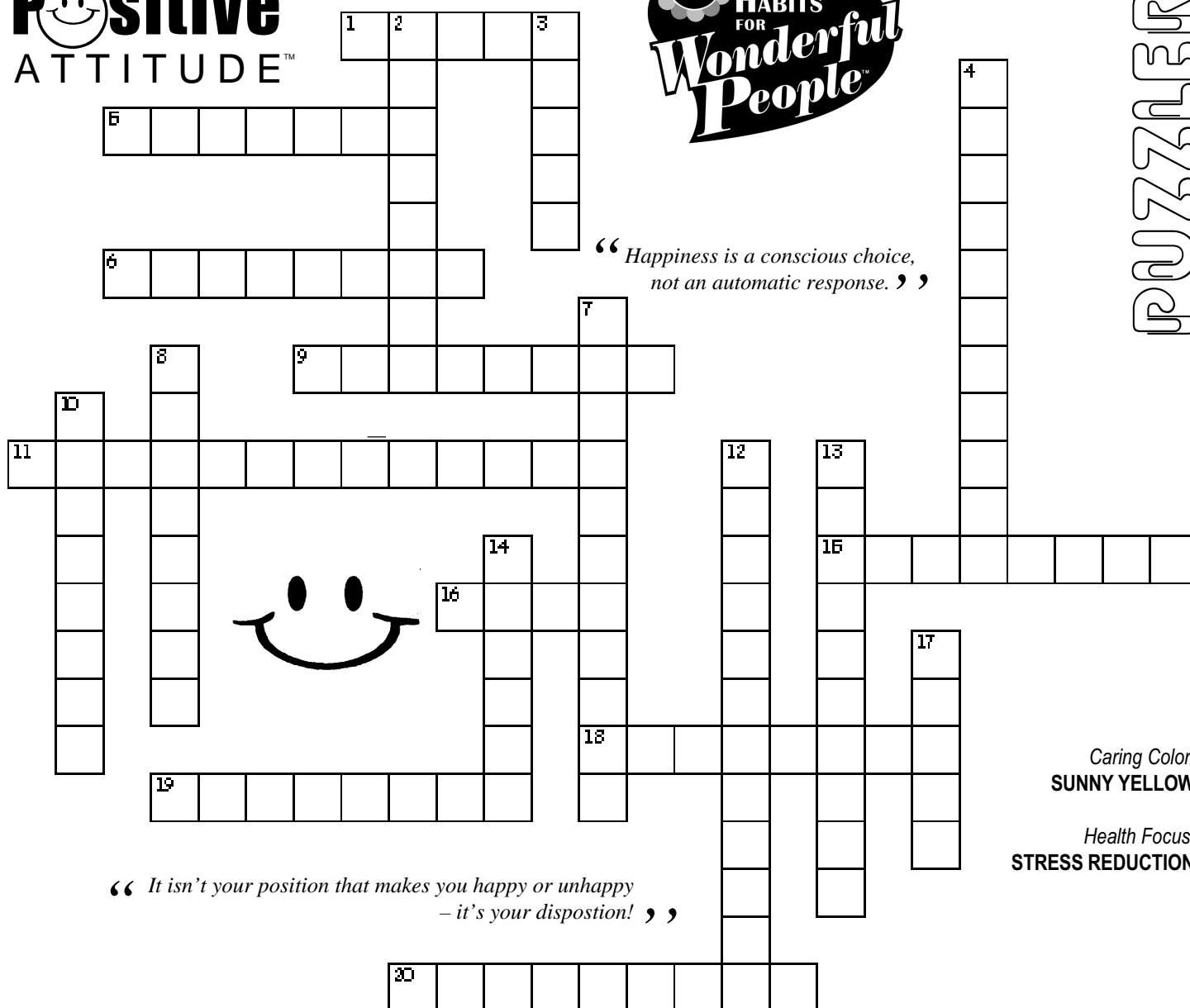
Neon: A rare, inert gaseous element occurring in the atmosphere the at a ratio of 18 parts per million, and obtained by fractional distillation of liquid air. It is colorless, but glows reddish orange when electrically charged. Neon is used in displays and television tubes.

Helium: A colorless, odorless and tasteless inert gaseous element. Helium is used to inflate and to provide lift to balloons.

***See you next month as we continue
on our "Trip to the Moon!!"***



In **November** and all year round "Show a  **Positive** ATTITUDE.™"



Caring Color:
SUNNY YELLOW

Health Focus:
STRESS REDUCTION

GOOD LUCK ON THIS LITERACY ENRICHMENT • CHARACTER EDUCATION • WORDS-TO-LEARN PUZZLER

ACROSS

- 1 confident belief in the truth of a person, an idea, or a thing
- 5 furnishing assistance
- 6 appreciative of benefits received
- 9 being in good spirits; merry
- 11 having thoughtful concern for others
- 15 grateful
- 16 to wish for something with expectation of its fulfillment
- 18 to expect the best possible outcome
- 19 an attitude of kindness or friendliness
- 20 the quality or state of being flexible

DOWN

- 2 a feeling or opinion about a certain fact or situation
- 3 enjoying, showing or marked by satisfaction or joy
- 4 a positive statement or judgement
- 7 extra bright + rainbow color between green and orange
- 8 a condition in which one is free from doubt
- 10 eleventh month
- 12 an expression of gratitude
- 13 great excitement for a subject or cause
- 14 a state of exuberance
- 17 the quality that makes something laughable or amusing

For answers see the Answer page at the back of the November Idea Book or visit www.WonderfulPeople.net



“SHOW A POSITIVE ATTITUDE” REPRODUCIBLE TEACHER TOOLS

TEACHER TOOLS
REPRODUCIBLE

***Please make copies of
these tools to use in your
classroom this month.***

NOVEMBER

Color Cue: SUNNY Yellow

SHOW A POSITIVE ATTITUDE® 137

Entry Form



Name of Nominee:

School:

Homeroom: Grade: Date:.....

Habit:

Submitted by:

Describe briefly how this person exhibited this month's Wonderful People Habit in a positive and meaningful way (use back of sheet if needed).

.....

.....

.....

.....

.....

.....

.....

.....

**CATCHING
A
Wonderful People™
Habit IN ACTION**

Entries may be submitted by teachers, staff, administrators, students or community persons.

CHEERFULNESS

Being in good spirits; merry.
Promoting a feeling of cheer; pleasant:
Reflecting willingness or good humor.



WEEK 1

Take a STUDY break and get some EXERCISE!

A quick walk around the block frees you mind from what is bugging you, gets your blood circulating, and boosts your energy and concentration.



WEEK 1

CONSIDERATION

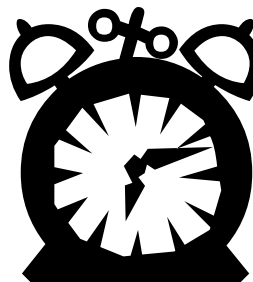
Thoughtful concern for others;
solicitude. High regard; esteem.



WEEK 2

Take a **STRESS** Break!

Count to ten when you're so upset that you want to yell. This buys you some time to calm down and think clearly about what is bothering you.



WEEK 2

GOODWILL

An attitude of kindness or friendliness; benevolence. Cheerful acquiescence or willingness. A good relationship, as a business enterprise with its customers or a nation with other nations.



WEEK 3

Think about what is going right in your life this week.

Did you hear any good news?

Did someone pay you a compliment?

*Did you complete your homework
or get a good test grade?*



WEEK 3

JOY

Intense and especially ecstatic
or exultant happiness.

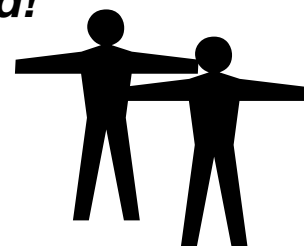


WEEK 4

Remember to . . .

talk your problems over with a friend!

A sympathetic friend can help you see
a problem more clearly and help you
think of practical solutions.



WEEK 4

RESILIENCE

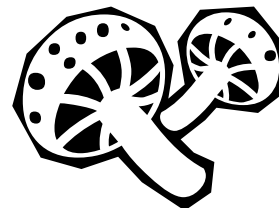
The ability to recover quickly from illness, change, or misfortune; buoyancy.



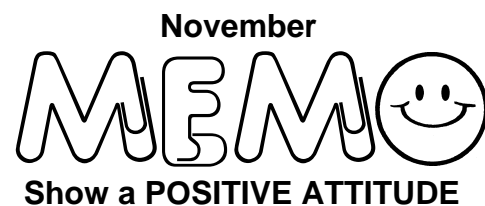
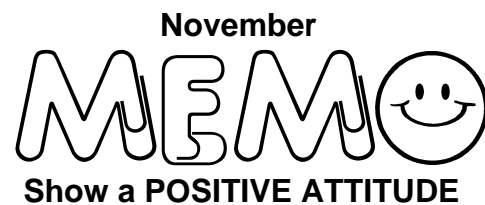
WEEK 5

Remember healthy eating!

During the holidays, all those sweets and turkey fixins' add up. Try to do some extra activities to burn off those calories. Choose your snacks wisely. Fruits and vegetables are positive foods for a positive attitude!



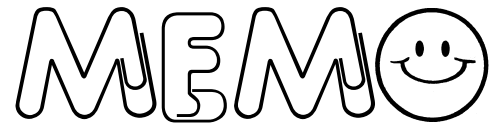
WEEK 5





In November *and all year round*

“Show a  **sitive** ATTITUDE™”



12 Habits for WONDERFUL PEOPLE™ • In September DO YOUR BEST Award Gold • In October BE PATIENT AND

RESOLVE CONFLICTS Dove White • In April HONOR OUR ENVIRONMENT Spring Green • In May BE GRATEFUL Grateful Pink • *WonderfulPeople.net WORKS!*

LISTEN Slow-Down Lavender • In November SHOW A POSITIVE ATTITUDE Sunny Yellow • In December CELEBRATE COMMUNITY, FAMILY AND FRIENDS

Forever Green • In January LEND A HAND Helping Aqua • In February YOU COUNT WOW! Fuchsia • In March





Teacher Suggestion Form

At our publishing office, YOU COUNT is more than the Wonderful People Habit for February! We welcome and would like to hear your very important suggestions and ideas. Please list them below.

Please list any NEW IDEAS you would like to contribute:

List any suggestions to improve our current ideas:

What do you feel should be changed or removed and why?



YOUR TEACHER

Expires on: _____

Pay to the
Order of _____

Good for: _____



BANK of TRUST

Reason _____



YOUR TEACHER

Expires on: _____

Pay to the
Order of _____

Good for: _____



BANK of TRUST

Reason _____



YOUR TEACHER

Expires on: _____

Pay to the
Order of _____

Good for: _____



BANK of TRUST

Reason _____



YOUR TEACHER

Expires on: _____

Pay to the
Order of _____

Good for: _____




BANK of TRUST

Reason _____

Your November **Locker Sign**

Write your favorite quote on it. Maybe list your goals for the month. Design it anyway you like. Then clip and post in your locker or any place you'll notice it! Have a great month and always "Show a Positive Attitude®."



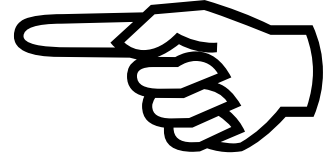
In November and all year round " Show a  **sitive** ATTITUDE.™ "

NOVEMBER Show a Positive Attitude®

ANSWERS

TEACHER -

You may want to reward student participation by giving points for completed activity pages or by writing a reward check from the Teacher Tools Section.



Words-2-Learn Story

enthusiasm, attitude, grateful, appreciation, thankfulness, positive, joyfulness, cheerfulness

Fill in the Blanks

hope, optimism, positive, goodwill, attitude, supportiveness

HOLIDAYS in November

Gettysburg Address, yes, Walt Disney, 72 years old in 2000 (1928), Arizona

MATH Stumpers

165 miles, 276 miles, 6 hours

Dictionary Fun

en-thu-si-asm grate-ful opt-i-mism hap-py hu mor joy-ful

Alphabetizing Quiz

appreciation, enthusiasm, faith, goodwill, grateful, hope, humor, joyfulness, optimism, positiveness, resilience, supportive

Odd Word Out Exercise

dislike, indifference, unpleasant, inflame

Grammar Stumpers

explain, expert, extra, extraneous, extraordinary, exempt

NOVEMBER PUZZLER

ACROSS

1. Faith, 5. Support, 6. Grateful, 9. Cheerful, 11. Consideration, 15. Thankful, 16. Hope, 18. Optimism, 19. Goodwill, 20. Resilient

DOWN

2. Attitude, 3. Happy, 4. Affirmation, 7. SunnyYellow, 8. Positive, 10. November, 12. Appreciation, 13. Enthusiasm, 14. Joyful, 17. Humor

November - Show A Positive Attitude Puzzle

Smile! It improves your face value!

Your never fully dressed without a smile.

Laughter translates into any language.

Cheer up! Birds have bills too, but they keep on singing.



DO YOUR BEST

September Award Gold

BE PATIENT and LISTEN

October Slow-Down Lavender

SHOW a POSITIVE ATTITUDE

November Sunny Yellow 

**CELEBRATE COMMUNITY,
FAMILY and FRIENDS**

December Forever Green

LEND a HAND

January Gentle Aqua

YOU COUNT

February WOW! Fuchsia

RESOLVE CONFLICTS

March Dove White

**TAKE CARE of
OUR ENVIRONMENT**

April Spring Green

BE GRATEFUL

May Grateful Pink



Keep your face to the sunshine,
and you'll never see the shadows.

-Debbye Turner, Miss America 1990

JOY is not in things;
it is in US!

-Richard Wagner



HAPPINESS
isn't something you experience;
it's something you remember.

-Oscar Levant

INFORMATION about the 12 HABITS FOR WONDERFUL PEOPLE . . .

(For research and other details visit www.WonderfulPeople.net)

The 12 Habits for Wonderful People is an award winning academic improvement and school performance system based on multi-media technologies. Independent 2001-2003 evaluation studies by the University of Pittsburgh Graduate School of Public Health have concluded **"the number of honor role and high honor role students is increasing in Caring Habit Schools while indicators of disciplinary actions are declining."**

Wonderful youth, staff and families, are surrounded by a positive, monthly routine of multi-media messages that promote successful academics, mutual respect, and character development. 12 Habits for Wonderful People media strategies lighten the teaching load on staff and reduce classroom disruptions. It's predictable routine and monthly focus organizes and increases the effectiveness of other curriculum. Together academics are improved, work force skills are reinforced and disciplinary problems and bullying are reduced.

Materials are available for K-8 and for alternative schools, after-schools, service groups, and the surrounding community. The prepared environment media materials include display items, student items and staff "idea" books, plus materials to involve and include families and communities. The supporting book, *Join The Golden Rule Revolution*, encourages family involvement and is available at amazon.com or local bookstores. If you have an idea to contribute or for more information, please contact Elaine Parke.



in Partnership
with



BOYS & GIRLS CLUB
OF THE EASTERN PANHANDLE

The 12 HABITS for WONDERFUL PEOPLE™

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Berkeley Springs, WV 25411

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E:mail: elaine_parke@yahoo.com

Website: www.WonderfulPeople.net WORKS!

Life gets better when we work TOGETHER . . . one month at a time!