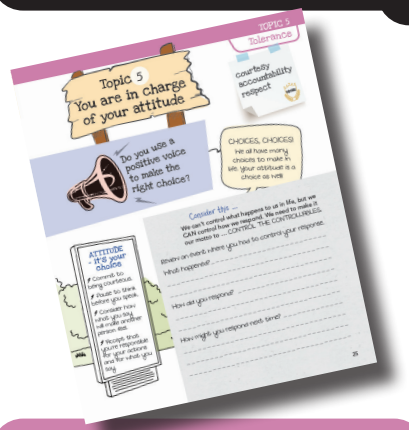
VALUE
tolerance

Topic 5 – You are in charge of your attitude

Learning Intention
Hey, why this lesson?

TO LEARN THAT TO BE IN CHARGE OF YOUR ATTITUDE IS A CHOICE



Jesus spent 40 days/nights in the desert and would not be tempted by the devil. Just as Jesus showed his followers that there were better choices in attitude when coming up against challenges, so you need to know that you have many choices in your life. Your attitude is also a choice.

Hint: To concentrate on getting students to reflect on their attitude and how it fluctuates.

Scripture

Then he took a little child and put it among them; and taking it in his arms, he said to them, "Whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not me but the one who sent me."

– Mark 9:36-37

On page 27, Mark's scripture stresses the importance of welcoming. In MJR we use an acronym called W.E.S.T. with the 'W' standing for welcoming and the 'E' all about encouraging. Discuss with the students the implications of constantly having the positive of these two habits e.g. when you welcome someone new or encourage people around you.

ACARA Connection
RE Key Understanding

Connect to your own State/ Territory's key understandings of Religious Education e.g. Christian Living, Religion and Society

Health and physical education / Year 7 and 8 / Personal, Social and Community Health / Being healthy, safe and active

Curriculum content descriptions

Investigate and select strategies to promote health, safety and wellbeing (ACPPS073)

https://www.australiancurriculum.edu.au/Search/?q=acpps071

Virtues

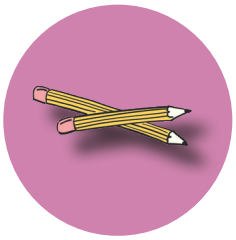
C.A.R.E.

- ***courteous*** – showing good manners, respectful and polite
- ***accountability*** – responsible for and answerable
- ***respectful*** – gracious, attentive, thoughtful
- ***enthusiastic*** – eager, committed, passionate and energetic

Look at page 25. You will notice that there is an additional virtue added here: the word **Enthusiastic** to complete the C.A.R.E. acronym. Ask the students to discuss these C.A.R.E. virtues.

Warm Up Activity

Record over the next 24 hours on your mobile phone (either visually or written) or in writing in this journal, at least 10 situations/moments/websites that gave you a positive vibe. Share them the next time the class gets together.



Main Activity

1. Use the C.A.R.E. virtues to reflect on the last 24 hours. Complete page 24 – Control the Controllables.
2. Turning negatives around is a skill that needs to be practised. Page 26 gives the students an opportunity to list and then reflect on how well they coped in some situations.

Jesus Connection

Jesus Connection Activity

Ask the students to complete the following:
The key to happiness is ..... (let them Google others ideas if they are having difficulties).

Prayer/Reflection

Reflect with the class on the following from the Dalai Lama...

'The ultimate source of happiness is our mental attitude. '

This is actually a very deep statement that will open up many discussions.

Reflection Questions

Reflection Activity

1. Ask students to choose an area /attitude that they need to change. Fill in page 27.
2. After competing the 'I feel positive when_____ list' on page 27 ask the students to write one of these in their journal and then explain in more depth why this is the case.
3. Also if it does create such a positive feeling, how can they make it a habit?

Success Criteria

Use the C.A.R.E. virtues to reflect. How are we accountable and yet let ourselves and others down? Page 28 talks about 'positive vibes' – what does this mean and who gives you these in life?

Students will be able to …

- write about the importance of knowing that their attitude is a choice and that they are in-charge of this
- use the C.A.R.E. acronym to describe how they are in charge of a positive attitude
- record on their phones/journal great moments in their day and then share them
- understand that everyone makes mistakes and that they are part of every person's journey.

Take Away Bag

Ask the students what is the ONE thing they are going to take away from this unit of work.

Extensions

Extension Ideas

1. Check out this YouTube channel dedicated to Attitude – inspiring people who are inspiring people. https://www.youtube.com/channel/UC1pEecEFODR1WZtH5w0ZTpw
2. Investigate Amy Purdy and get ready to be inspired by her attitude.

Relatable Quote

'My attitude has always been, if you fall flat on your face, at least you're moving forward. All you have to do is get back up and try again.'

– Richard Branson