

Thinking Positive

More Practice With Emotions and Smart Choices



3 Cs

- ☞ I care about myself.
- I care about others
- I care about community.

Help students to understand and invite them to state clearly:

- I have the right to care about myself.
- I have the responsibility to make smart choices when I care about myself.

Teacher Notes

Preparation

Materials

- book – Piper, Watty, George Hauman, and Doris Hauman. *The Little Engine That Could*. New York: Grosset & Dunlap, 2009
- kickball

Music

- “Thinking Positive” from CD: *Something Good* (see page 154)

Vocabulary

- success
- failure
- “I think I can!”

Lesson at a Glance

Introduction

1. Introduce “Kickball Tutoring Day!”

Strategy

2. *The Little Engine That Could*.
3. Play kickball

Conclusion

4. Sing the song “Thinking Positive.”

Core Curriculum Objectives and Standards

Objectives

Students will learn to cope with change, success, and failure.

Standards

- 7000-0103 Demonstrate social skills to help adapt to new situations.
- 7000-0201 Express feelings related to different situations.

Introduction

Greeting

Discussion

Strategies

Read

Explain and ask

Tie in the 3 Cs

I Care about myself.
I Care about others.
I Care about community.

Play

Conclusion

Home Connection

Optional Book

1. Introduce Kickball Tutoring Day!.

Welcome the children to “Kickball Tutoring Day!”

- Tutoring means someone teaches you how to do something new.
- Does anyone know how to play kickball already?
- Who taught you?
- What was it like to learn a new game?
- What kinds of words help you want to learn something new?
- How can you say how you feel when you are learning something new?
- Are you so glad you kept trying?
- Here is a story about a little train who kept trying even when it was hard.

2. *The Little Engine That Could*

Read and discuss the book *The Little Engine That Could*.

- We all have successes and failures
(Things we can do and things we need to try again).
- What are some examples of successes you have had so far this year?
- How do you feel when you have a failure?
- How do you feel when you have a success?
- It takes both success and failure to learn and grow.
- Thinking positively helps us overcome our failures.
- Thinking positively affects the way people act.
- What would be a foolish choice for the Little Engine?
- What smart choice did the Little Engine make when he was feeling discouraged?
- What smart choices did the Little Engine make when he was thinking positively?
- What can we say to others to help them think positively?
(By telling them we think they can do it too!)
- How do you feel when you help others?

Help students to understand and invite them to state clearly-

I have a right to be in an environment where I feel safe.

I have a responsibility to treat others with kindness.

3. Play kickball.

- Have students how know how to play kickball (perhaps from an older grade) teach the game to new learners.
- Give everyone an opportunity to kick the ball.
- Have the students chant, “I think I can” every time before they kick.
- Use lots of praise and encouragement.
- Emphasize the phrase “I think I can.” Form children in train chain and chug around the play yard or room singing, “I think I can, I think I can.”

4. Sing “Thinking Positive.”

Make a copy of the Home Connection for each student. Send the Home Connection paper home with each student and instruct students share the information with their families.

Boynton, Sandra. *If at First...* Boston [u.a.: Little, Brown, 1980.





Home Connection

Dear Family,
Today I practiced thinking positive when I am trying something new or hard. Will you say, "I think you can!" when I get discouraged?

Thank you, I love you!



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Conexión en el Hogar

Querida familia,
Hoy practiqué pensar de forma positiva cuando estoy haciendo algo nuevo o difícil. ¿Podrías decir, “yo se que tú puedes” cuando yo me sienta desalentado ?
¡Gracias, te amo!



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