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.

Preparation
Materials
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.
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.

**Optional Book**

Boynton, Sandra. *If at First...* Boston [u.a.: Little, Brown, 1980.
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!
Querida familia,
Hoy practiqué pensar de forma positiva cuando estoy haciendo algo nuevo o difícil. ¿Podrías decir, “yo sé que tú puedes” cuando yo me sienta desalentado?
¡Gracias, te amo!