

Choosing to Do Positive Actions in a Big Way

Purpose: To learn to improve how we feel about ourselves by planning experiences that result in a positive sense of who we are.

Materials Needed Black/whiteboard and writing instrument; pencils

Materials Provided Activity Sheet 8-1-5

Procedure

Say As you develop different talents and hobbies and skills, what happens for you? (*Wait for responses: My best self becomes stronger.*) As you choose to create positive circles, what happens to the way you feel about yourself? (*Wait for responses: I feel better about myself. I feel good about myself.*) Just like astronauts, the more time you spend exploring and developing your ability to move through your space, the more competent you become about your ability to create the self you want to be. And of course, as you do this, you'll feel better about yourself and your life.

Today's activity sheet will give you a chance to demonstrate that how you feel about yourself is what you make it. You can control and strengthen who you are by choosing to act in positive ways that help you feel good about yourself.

Teacher *Elicit specific examples of behaviors necessary for your students to feel good about themselves: getting along well with others, getting acceptable grades, keeping promises, etc. Also elicit examples of negative behaviors they refuse to do, things that damage some aspect of the self—body, mind, or social and emotional being—that would make them feel bad about themselves.*

Elicit specific actions that ensure success in meeting these goals: pay attention in class, get enough sleep and rest, and fulfill commitments to keep promises.

Write the following rules on the board, eliciting discussion as you write each one:

- Avoid repeating behavior that has caused you trouble.
- Think about your successes and failures to see what you did right or wrong.
- Ask yourself what the results will be before you act.
- Always make it a rule to try your best.

Say This activity will help you make a plan to succeed at something. First you set a goal. Maybe you want to learn to play the guitar, so you'd write that as goal: "I intend to learn to play the guitar." Then you decide how much time it will take. You might have to ask someone who has learned to play the guitar, or perhaps you have a sense of how long it's going to take you, so you write down that time, say, "Six months." You identify the things you need to start your journey: a guitar, a book of guitar lessons and music, a guitar teacher, etc. Then you write down the positive actions you need to remember to do as you approach success. For instance, you'll need to practice every day, if possible. You'll need to go to your guitar lessons. You might want to find some ways of sharing what you've learned to do. And remember to do the positive action of noticing how good you feel about yourself because you've set yourself up for success.

