

# CharacterPlus®

*"character goes the distance"*

## THE CHARACTER SERIES



### pos·i·tiv·i·ty

*noun. The practice of being or tendency to be positive or optimistic in attitude.*

"Positive thinking actually means approaching life's challenges with a positive outlook. It does not necessarily mean avoiding or ignoring the bad things; instead, it involves making the most of the potentially bad situations, trying to see the best in other people, and viewing yourself and your abilities in a positive light." – Kendra Cherry



Much like week four on Responsibility, having a Positive Attitude is one of those traits that is more about adjusting a mindset than doing specific activities. It takes focus and practice, though, to use that mindset in a way that really starts to benefit you or those around you.

Our new normal in the pandemic often feels like one disappointment or cancellation after the other. It's important to remember that feeling disappointment over loss is appropriate and acceptable . . . it's unhealthy to suggest otherwise! However, it can be easy to get stuck in a rut of negativity, so we hope what we've compiled will help you guide your children to reframe situations by having a positive attitude when they can.

As such, this week, there are fewer activities and more resources. There are quick reads that accentuate the ways you can practice having a more positive attitude, much of which relies on understanding gratitude, empathy, perspective, and contentment.

### ACTIVITIES AND RESOURCES

We would love to see how you do these with your family!

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Rediscovered Families

#### **10 Activities to Encourage a Positive Attitude (Early Childhood - Adult)**

This group of [activities at Rediscovered Families](#) has simple, straightforward practices for embracing the positive. Help your older kids keep a quote book of their favorite positive thoughts and ideas from people they admire. Have the entire family talk about their "Success of the Day," whether it's accomplishing a sought-after goal or helping someone with something, finding the positive and sharing it helps solidify its importance in our lives.

*a world where positive character is universal*

1460 Craig Road | St. Louis | Missouri | 63146 | 314.692.1252 | [info@characterplus.org](mailto:info@characterplus.org)

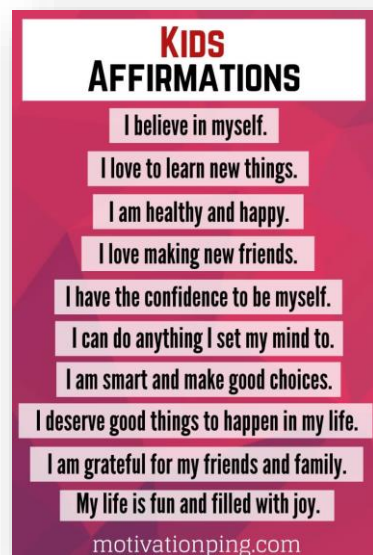
## Hunt for Happiness Scavenger Hunt (Elementary - Adult)

[PositivePsychology.com](#) has an incredible resource here, teeming with ideas about how to develop and nurture a positive attitude. Broken into several groups, they offer 89 tips on how to do this (this is a can't miss read!). One fun idea is to have each person in your home or classroom create a list of things that make life worth living (you can adapt this for younger children and have them make a list of things that make them smile). Then, send them out to gather those things, or take picture evidence of them! Bring the group back together to share what they've found.

## Help for Parents (Early Childhood – High School)

This first essay, geared toward parents of kids of all ages, points out ways to view the pandemic as [an opportunity to teach your children compassion](#).

Dealing with a constantly complaining kid? You're not alone! Here's a list of [tips for parents about redirecting a child's whining and complaining](#).



## Affirmations, Tips, and Quotes (Early Childhood - Adult)

Need some ideas for lists of affirmations for your kids, or for inspiration about where to find quotes for a quote book, chalkboard, letter board, or note to a loved one? Here's a long list, separated into categories, with [Kid Affirmations and Positive Quotes](#). And here's a different list of [32 Quotes about Positivity](#). We also found 5 suggestions specifically geared toward teens and [how to make positive thinking easier](#).

## Finding the Positive in Media (Middle – High School)

It can be really easy to only notice loud negativity in the media; purposely seeking the positive is a great activity for older students and adults. This [compilation of seven lessons around identifying positivity](#) and then reflecting on one's own characteristics includes specifics on how to use media for this exercise.

## Sillywise Blog/Video (Early Childhood - Elementary)

This animated father/daughter duo have fun sharing five very simple ways to stay positive, giving examples from their own home. They have [a video on positivity](#), and they also have a [downloadable form for their 7 Day Positive Mindset Challenge](#).

*"Joy sparks the urge to play, interest sparks the urge to explore, contentment sparks the urge to savor and integrate, and love sparks a recurring cycle of each of these urges within safe, close relationships."*

*-University of Michigan Psychology Professor Barbara Frederickson*