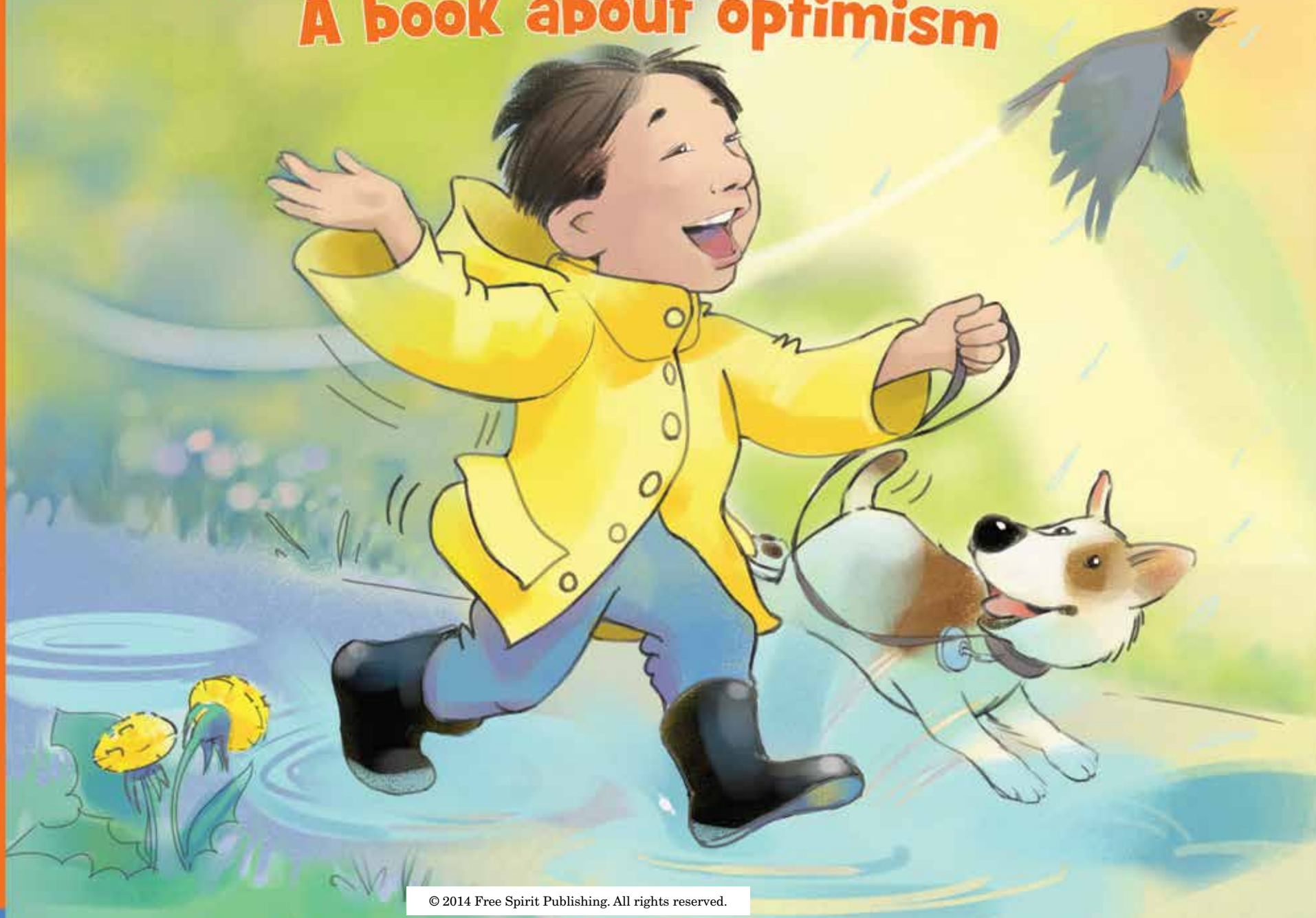




Includes
activity
guide for
adults

Be Positive!

A book about optimism



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Cheri J. Meiners ★ **illustrated by Elizabeth Allen**

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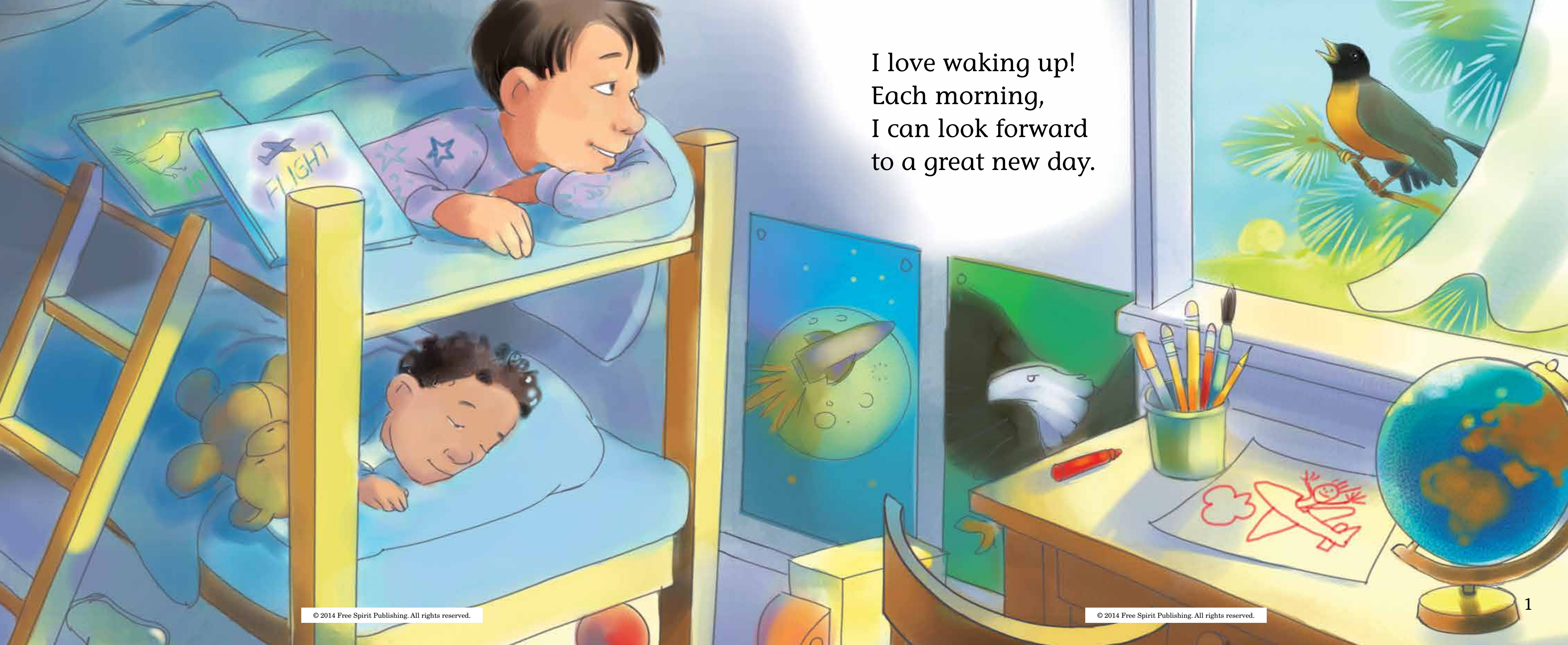
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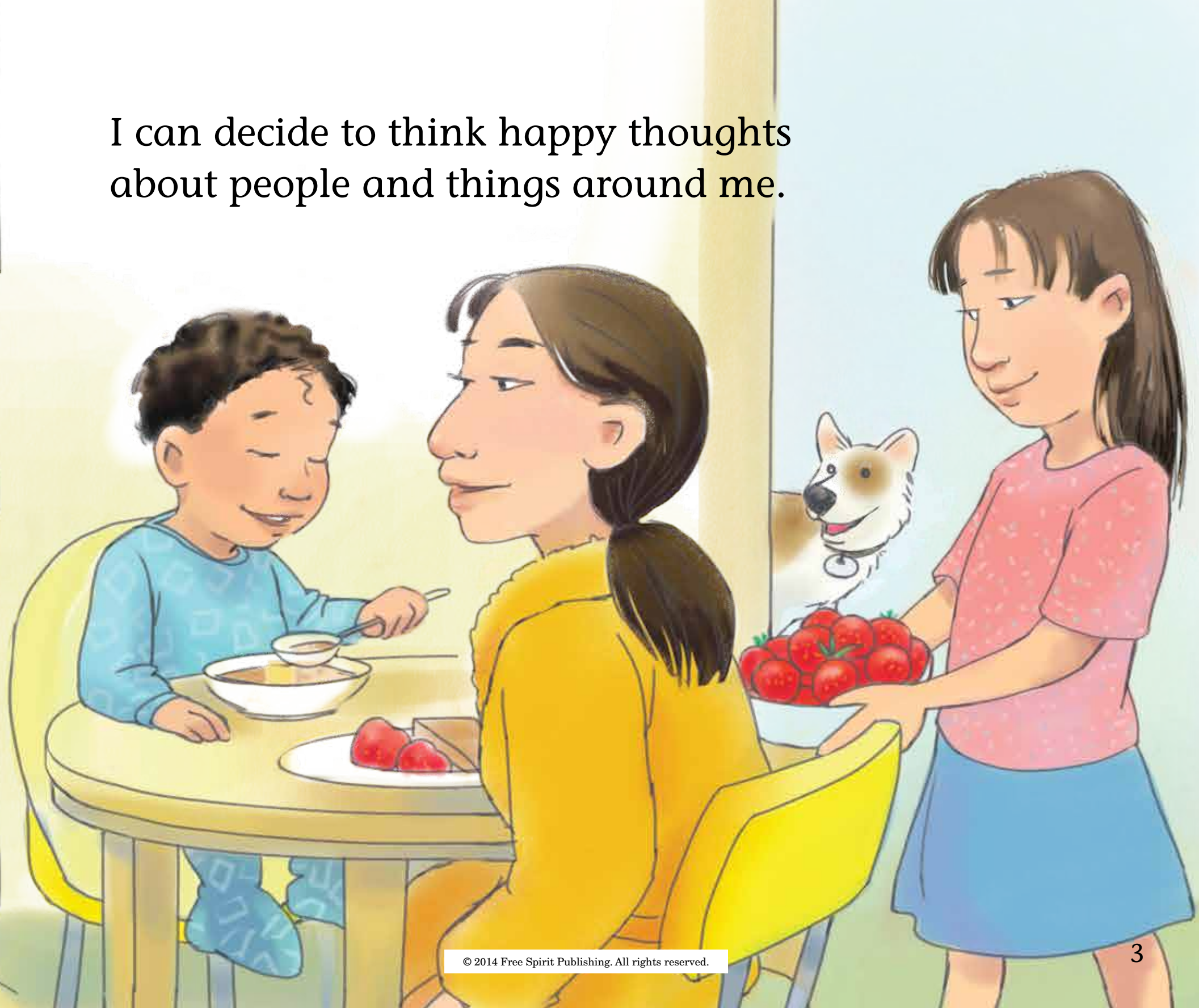


I love waking up!
Each morning,
I can look forward
to a great new day.

I can choose to be positive.



I can decide to think happy thoughts about people and things around me.



Ways to Reinforce the Ideas in *Be Positive!*

Be Positive! teaches optimism, a perspective and outlook on life that leads to improved physical and mental health, better school performance, greater feelings of fulfillment, improved relationships, and a greater sense of control over one's life—all of which can lead to greater happiness. The purpose of the book is not to suggest that children ignore or deny sad or angry feelings, but to help them better understand their emotions and thought patterns and develop positive perspectives and skills for meeting their challenges. Children can learn optimism by becoming more familiar with their own patterns of thinking and adopting some of the principles discussed in this book and supported by the activities on pages 34–35. Here is a quick summary of optimism skills, most of which are mentioned in the children's text:

1. Be grateful for what you have.
2. Find what you like and are good at.
3. Make time to enjoy everyday pleasures.
4. Spend time outside and in nature.
5. Enjoy and talk with your family and friends.
6. Stay physically active.
7. Compliment others and be kind.
8. Be involved in things that are important.
9. Be patient with things you can't change.
10. Learn from your experiences.
11. Find the good and expect things to work out.
12. Do things that can make a difference.



Words to know:

Here are terms you may want to discuss:

accept: to agree with or go along with something; to understand when something can't be changed

appreciate: to enjoy, to be grateful; to understand that something is important or good

confident: feeling strong, sure, and trusting

expect: to look forward to; to think that something can happen

grateful: appreciative or thankful; when you are grateful, you appreciate something and are glad for it

patient: able to stay calm and not complain when something is hard

positive: confident and hopeful; choosing to think happy thoughts

As you read each spread, ask children:

- What is happening in this picture?
- What is the main idea?
- How would you feel if you were this person?

Here are additional questions you might discuss:

Pages 1–5

- What did you look forward to when you woke up today?
- What things might this boy be grateful for? What are some things that are good in *your* life?
- How can smiling and laughing with someone be a way to share?
- If you are not thinking happy thoughts, how might you feel? Tell about a time when you chose to think happy thoughts. What happened? How did you feel?

Pages 6–13

- Tell about something new that you have learned. How did it feel when you could do it the first time?
- What is something you like to do by yourself? (*Answers might include: "Color a picture." "Choose what to wear." "Get dressed." "Pour my cereal."*)
- What is something you like to do with other people?
- What are some important things children can do? Why are these things important? How does it feel to do a good job at something that is important?
- How does your body like to move? How do you feel when you play and get exercise? How can exercise help you feel positive (about other things)?
- Some people think of rain, wind, or snow as "bad" weather. How does this boy see each kind of weather as something positive? What are things you like to do outside when it isn't sunny and warm?
- How can you turn a "bad" day into a good one—a positive one?

Pages 14–17

- What are some good things people do for you each day? Why do we thank people who do kind or helpful things for us?
- What is something nice that you can do for someone today? How do you think the person will feel? How can helping someone else help you feel more positive?

Pages 18–25

- When things don't go the way you want, why is it important to keep trying?
- If you had a problem, who could you talk to about it? How can talking about a problem help?
- When is a time you were patient? How did that feel?
- What are some things that won't last forever? How does knowing this help you be patient about things you don't like?
- Think of a little thing that might bother you. How might you look at it in a new way? (*Example: "I don't like my early bedtime. I can think about being able to get up early and rested so I can do what I want."*)
- Has something ever happened that seemed bad but later turned out to be good? Tell us about it. (*Example: "I didn't get to go to the store with my mom. My dad and I played together and ate ice cream."*)

Pages 26–31

- Think about a way that you can make a difference. What is a problem that you can do something about? (*Example: "I don't like arguing with my brother. I can stop teasing him."*)
- What is something you would like to do (or be) when you grow up?
- Why do you think things might work out if we expect the best to happen?