



The Ultimate Character Development System

**Building a Successful Future
One Student at a Time!!!**



JULY 2010 - ATTITUDE

**Attitude is "How I feel, how I think,
and how I act!"**

**Attitude is how you feel, think, and act
in the face of everyday events and obstacles.**

ATTITUDE: JULY 2010

Dear Family,

This month we will concentrate on the character concept, "attitude." Therefore, our power-chat discussions and activities will aim to help children understand what attitude is and how the way you think, feel, and act makes a big impact on both your life and how others see you.

An attitude is how our thoughts and feelings translate into actions. In other words, how we think and feel typically determines how we behave. Those who think and feel more optimistically tend to behave in more positive ways. Those who think and feel more pessimistically, tend to behave in more negative ways. Our attitude colors every part of our life and even when we try to cover it up, it always tends to find a way to seep out. It's vital that we talk to our children about it because unlike so many of our characteristics, attitudes are in our control to maintain or change each and every day.

How does someone reveal attitude? When people are positive, they might indicate a good attitude by smiling, being respectful and courteous, standing tall, talking in a calm and friendly voice, showing interest in others, and controlling their anger appropriately. When someone is negative, they might indicate a poor attitude by frowning, complaining or bad-mouthing others, disrespecting someone, slumping over, losing one's temper, whining, mumbling under their breath, and ignoring others. Attitude determines how we interpret the world around us; from relationships, to events, to common situations. With attitude, actions speak as loud as words.

While some people seem more positive than others, it turns out that only about 50% of happiness is genetically determined, according to a recent article in the journal; *Expert Review of Neurotherapeutics* (April, 2009). That means that 50% of happiness and positive outlook is up to us!

The definitions of attitude are as follows:

Young students: "How I feel, how I think, and how I act."

Older students/teens/adults: How you feel, think, and act in the face of everyday events and obstacles.

During the four weeks of July we will be discussing the following:

Week 1: What is attitude? Positive attitude vs Negative attitude

Week 2: Thoughts and Feelings: How do thoughts and feelings affect attitude?

Week 3: Actions: How do people with positive or negative attitudes behave?

Week 4: Choosing our attitude: Becoming more positive and how changing affects ourselves and others.

Upcoming Powerful Words

August: Charity

September: Leadership

October: Responsibility

As always, one of the best ways to teach and reinforce Powerful Words is by modeling strength of character ourselves. Talk to your children about how their attitude determines how they approach their day and the feedback they receive from others. What strategies do you use to secure a more positive outlook?

We thank you for your support. You are pivotal in helping to make our school one of the best Martial Arts and personal development centers in the world.

Best Regards,

Your Motivated and Dedicated Martial Arts Instructors

For More Powerful Parenting Information ,go to www.DrRobynSilverman.com



DEAR *Dr. Robyn*

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JULY 2010: ATTITUDE

(Paraphrased from a conversation; with permission)

Dear Dr. Robyn,

My daughter will be going to a new school. She didn't have a positive experience this year since her friends got into a fight, asked her to choose sides, and she refused to do so. They wound up both turning on her. She now wonders if it's her and thinks that the new school will just be more of the same. What should I do?

--Rachel P, Tallahassee, FL

Dear Rachel,

I'm so sorry to hear that your daughter had such a tough time this year with her friendships. Friendships become monumentally important to children as they develop and when they go wrong, it can often feel like their whole world is crumbling.

As she embarks upon a new school and a new set of people, here are some ways to keep a positive attitude:

(1) **Realize the prior situation was specific:** Just because her friends turned on her when she wouldn't choose sides does not mean that she, in any way, was the cause of the destruction of her relationships. There is no reason to believe that it will happen again in a new situation as the turmoil was derived from those specific people, at that specific time, in that specific place. This is not a general problem.

(2) **Watch the language:** When we use blanket negative statements like "this ALWAYS happens," "I hate this," "I'm bad at this," "it's bound to happen again," we are setting ourselves up for failure. The thing about words is, while others hear them, so do we...over and over again.

(3) **Thoughts govern feelings and actions:** Our thoughts can influence how we feel and how we act. When we think negatively, we start a negative cycle such that we feel negative, we act negative, and then others react in kind. The same is true for the positive. We must teach our kids to start a positive

attitude cycle and they will see that everything--from their thoughts, their feelings, their actions, and yes, often, the actions of others, will change.

(4) **Present the evidence:** Many people will allow their attitudes to be shaped by a single (many times, negative) event. When we look at the overwhelming evidence to the contrary, it is often indisputable that an attitude change is warranted. Does your child have successful friendships? Has she had successful friendships in the past? These positive experiences can show her that she is, indeed, a good friend.

(5) **Visualize positive results:** Ask your child; what do you want to happen? What would that look like? Help her to picture things working out smoothly and positively so she can keep those images front and foremost in her mind as she prepares for this change.

(6) **Help her to connect:** Does she know anyone who already goes to the new school? Can she connect with them before she enters? Does the school have a Facebook page? Can she visit and "shadow" another student before she starts? Connections can help her feel more at ease.

Here's to your success!



SOUR OR POWER Attitude

Circle the answer you think fits best.



Billy sees other children on the playground. He wants to play with them but thinks they won't want to play with him. He's angry and sad. What kind of attitude does he have?

POWER
attitude

SOUR
attitude

Rosa and May cheered each other on during the competition. When one of them did well, the other cheered. What kind of attitude did they have?



POWER
attitude

SOUR
attitude



Jake wanted to go out to play with his friends. His Grandpa called and asked if they could spend the day together. He'll miss spending time with his friends but is excited about spending time with his Grandpa. What kind of attitude does he have?

POWER
attitude

SOUR
attitude

Emily didn't want to do her chores. Her parents were cleaning the house today to get ready for the holiday. She wanted to play in her room instead. She folded her arms and said to herself "I don't want to do this!" What kind of attitude does she have?



POWER
attitude

SOUR
attitude

Name 2 times that you showed a **POWER** attitude.

(1) _____

(2) _____

POWER OF ATTITUDE

Attitude makes a big difference. Whether you choose to have a positive, **POWER** attitude or a negative, **SOUR** attitude is up to you. You **DO** have a choice. Below, see how a choice of attitude impacts the way someone feels, thinks and acts.

You came in 3rd in the competition.

Someone with a **POWER** attitude might feel, think, and act this way: _____

Someone with a **SOUR** attitude might feel, think and act this way: _____

It's raining out today.

Someone with a **POWER** attitude might feel, think, and act this way: _____

Someone with a **SOUR** attitude might feel, think and act this way: _____

The lights aren't working in your home.

Someone with a **POWER** attitude might feel, think, and act this way: _____

Someone with a **SOUR** attitude might feel, think and act this way: _____

The teacher told you s/he thinks you can do better than you did.

Someone with a **POWER** attitude might feel, think, and act this way: _____

Someone with a **SOUR** attitude might feel, think and act this way: _____

What's one way that you show a positive **POWER** attitude? _____
