

National Center on Deaf-Blindness



Transition Activities

Practicing a Positive Attitude

Topic:

Practicing a Positive Attitude will help your son/daughter develop work-related skills within the home and the community that will aid in job success as an adult.

Overview:

"Misery loves company, but joy, true joy requires it." (Author unknown) Joy is a practiced attitude and benefits everyone in any environment--including and especially in the work place!

Outcomes for your child's transition development:

This activity encourages practicing a path of positive attitude together in natural conversation and in natural environments.

Activity Directions:

1. Use the following suggestions and discussion starters or create your own opportunities in authentic situations to join your son/daughter in a rampage of appreciation.
 - a. The best thing about work is . . .
 - b. What I love the most right now is . . .
 - c. My life feels the best when . . .
 - d. Here's what makes me smile . . .
 - e. I get a kick out of myself when I . . .
 - f. Here are some reasons I love myself . . .
 - g. The best day of my life so far . . .
 - h. This feels really easy to me . . .
 - i. My best qualities are . . .
 - j. I am taking control about . . .
 - k. I feel very clear about this . . .
 - l. I appreciate . . .
 - m. My best feeling or thought about myself (life, work) is . . .
 - n. I am excited about . . .
 - o. This is what tickles my funny bone . . .

- p. Let's go through the alphabet one letter at a time and think of the most positive, best-feeling word that starts with that letter.
 - q. What family member (or friend) do you feel best about right now and why?
 - r. Let's think of something to laugh about.
 2. Together, choose a "morning mantra"—a positive feeling word or phrase that you can say to yourselves in the morning when you realize you're awake. Here are some examples:
 - a. I'm awake! I can have the best day ever.
 - b. I'm awake! If this was the best day of my life, this is what it would feel like: laughter, appreciation, fun, surprises, delight, clear-headed, ease and flow . . .
 3. Share the results of your intention to be positive with each other throughout the week or month.

Ways to either Simplify or Increase Complexity:

Ideas for Simplifying Activity

N/A

Ideas for Increasing the Complexity of the Activity

N/A



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