

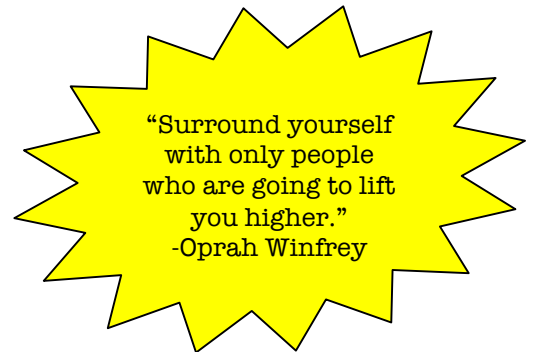
Grade 7 – Challenge #1

Choose Positive Influences

People who take efforts to surround themselves with positive people find themselves adopting the attitude of those around them. On the other hand, it can be very difficult to maintain a positive and happy outlook when you're surrounded by pessimists and people who look for the worst in a given situation. Learn how to seek and associate with positive people as a measure for improving your own life.

How to Surround Yourself with Positive People

- * Focus on your own behaviors. Decide whether you're being positive or negative in the majority of situations. If negative energy appears to be your default state, work hard to create a more positive outlook in yourself. Change your own behavior in order to start attracting more positive people to your life.
- * Evaluate the people currently in your life. Include professional, personal and casual contacts. Single out those who are extremely negative, but also make note of those that offer continual positive energy.
- * Remove yourself from casual situations where you're forced to be confronted with toxic and negative people. For instance, if you have lunch time conversations with people that are extremely negative, you might want to choose a different place to sit.
- * Seek out companions, team members, friends and even relationships with people who view obstacles as a problem to be overcome rather than something that is to be feared or worrisome. People who put too much emphasis on the negative or who stress too much about challenges are difficult to work with, and cause stress in the people around them.



- * Join groups or participate in activities where you can meet more like-minded, positive people. Form your own group to encourage meetings and exchanges of ideas between positive people.

Choosing Positive Influences

- Identify three positive influences in your life – one famous person, one adult and one peer.
- Below each person's name, explain why they are a positive influence in your life.
- In the space provided, list ways you can be a positive influence in other peoples' lives.
- Come back to this list throughout the year and other people who influence your life positively.

Famous Positive Influence	Adult Positive Influence	Peer Positive Influence
Why is this person a positive influence?	Why is this person a positive influence?	Why is this person a positive influence?
<p>How can I be a positive influence in the lives of others?</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 		
Another Positive Influence	Another Positive Influence	Another Positive Influence
Why is this person a positive influence?	Why is this person a positive influence?	Why is this person a positive influence?

Positive Characteristics



PURPOSE

This activity is about identifying positive characteristics in an artistic way.

MATERIALS

1. Positive Influences Letters (attached)
2. Markers, colored pencils, etc. (available in the office if needed)

PROCEDURES

1. Print the Positive Influences Letters (6 pages).
2. Break your mini-team up into 6 groups, and give each group one page of the Positive Influences Letters (each page has 3 letters).
3. Have each group identify a trait (word or phrase) of a person who is a positive influence that begins with each of their letters (i.e. **P**atient, or **O**utstanding listener).
4. Each group should write their traits on their page and decorate them.
5. When everyone is finished, have each group share the traits they identified.
6. Hang your decorated Positive Influences Letters in your classroom.

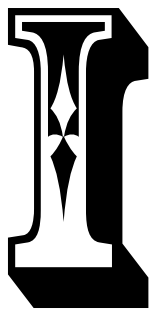
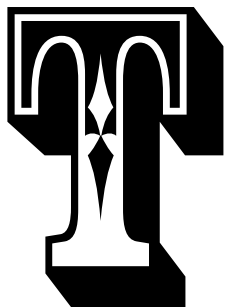
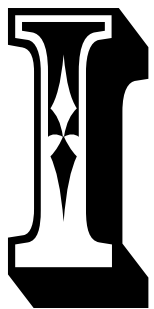
REFLECTION/QUESTIONS FOR DISCUSSION

1. Which of the traits identified do you bring to a friendship?
2. Which of the identified traits do you look for in a friend?
3. What characteristics are you NOT looking for in a friend?
4. Have you ever been friends with someone who was a negative influence? How did you handle that situation?

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