



# What Do You See?



Attitudes have a funny way of shaping our outlook on things. We can't always change our environment, but we can change our attitude. The day after a heavy rain, we can look down and see puddles and mud, or look up and see a beautiful sky. Having a positive attitude is easier said than done, but the following activity may make it easier for your students to see the good.

## **Directions:**

- 1. Use a blank piece of white chart paper or a whiteboard.**
- 2. Make a black spot on the paper or whiteboard with a marker.**
- 3. Ask some students what they see. Just about every student will reply, "A black spot."**
- 4. After you've asked a portion of your class, explain that yes there is a little black spot, but none of you mentioned the big sheet of white paper.**

What do you see? We miss the how much of the screen is in perfect condition to use. We do that in life a lot...we have a tendency to focus on the one problem and forget about the hundreds of good things happening in our lives.

**POINT:** There was a huge sheet of white paper, but many of you failed to see it because your attention was on the small spot. We tend to do that with our lives; we focus on the bad and forget about the enormous amount of good. We may have problems at home or at school, but the point of this activity is to not forget about the things that are going well. And while your relationship with your parents may not be great, at least you've got a roof over your head.

Let's not minimize those spots on the big sheet of paper that represent our hardships. Some of them really hurt, but there's still a big white sheet there. Often we get so wrapped up with the bad things that are happening that we forget about the good. This week, every time we start getting depressed about those things that are going wrong, let's try to shift our thoughts about the several things that are going right.

### **Discussion Questions**

- 1) Who would you rather spend time with, those who constantly complain about the bad things in life, or those who mainly talk about the good things that happen?**
- 2) What are some things that you can name that are positives in your life?**
- 3) This week, let's try to think more of the good things that are happening than the bad things.**

