



Go a whole day without complaining and only use positive words.

Art by Unknown, age 11, New York, USA



Get Inspired

Quote

"Be in love with your life. Every minute of it."

Jack Kerouac

Fact

Simple, positive words, such as "peace" and "love," can alter our genes, strengthening areas in our brains and helping it function better.



Shake It Up

Stand up. "Shake it off" for 1 minute.

"I am optimistic!"



Talk It Out

1. Have you ever had a day when nothing seems to go right? When you complain about what's not going right, does it get any better? What might be a better way to respond instead of complaining?
2. How does it feel to be around someone else who complains a lot? How does it feel to be around someone who is always seeing the bright side of things?
3. How do you want others to feel when they are around you?
4. Do you think your words have the power to make someone else feel better or worse?



Do It!

1. As a class, make a list of positive words and display it for all to see.
2. While you're in class all day, use positive words without complaint.
3. Keep it going after school and let everyone in your household know your plans to go the whole day without complaining and using only positive words.
4. Place notes around your house to encourage and remind yourself to use positive words only.
5. For an extra challenge, keep it going for the rest of your life!

Go a whole day without complaining and only use positive words.

SEL Competencies

Self-Management

Impulse Control
Stress Management
Self-Discipline
Self-Motivation

Self-Awareness

Experiencing Self-Efficacy

Timeframe

25 min

Materials Required

Poster board/white board and markers for your Positive Word list

Optional:
Sticky notes or small slips of paper

Pens, markers or pencils



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Quote

Invite a student to read the quote.

Fact

Simple, positive words, such as "peace" and "love," can alter our genes, strengthening areas in our brains and helping it function better.

[Source](#): Psych Central



Shake It Up

Get your students moving. Invite them to do the following activity:

1. Stand up.
2. "Shake it off" by shaking your hands, arms, shoulders, legs, hips and whole body.
3. Encourage your students to "shake off" anything that's bothering them.
4. When finished, have your students say, "I am optimistic!"



Talk It Out

Encourage your students to reflect on the provided questions.

1. Have you ever had a day when nothing seems to go right? When you complain about what's not going right, does it get any better? What might be a better way to respond instead of complaining?
2. How does it feel to be around someone else who complains a lot? How does it feel to be around someone who is always seeing the bright side of things?
3. How do you want others to feel when they are around you?
4. Do you think your words have the power to make someone else feel better or worse?



Do It! (as a class)

1. Make a list of positive words and display them for all to see.
2. Challenge your students to only use positive words without complaint in class all day.
3. If you hear a student complaining or using negative words, gently ask them, "Are those positive words you are using? Please try again. I believe in you."
4. Encourage your students to keep it going after school and let everyone in their household know their plans to go the whole day without complaining and using only positive words.
5. Invite students to place notes around their house to encourage and remind themselves to use positive words only.