

# POSITIVE THINKING

**Giving Up Is Never an Option**

**The Glass is Never Half Empty;  
It's Always Half FULL!!**

## Lesson Summary

Teacher: 30 Minutes

Teaching kids that there is always a way to solve a problem, and it's called creativity! Look for new ways to grow and achieve goals. Don't accept the obvious, the normal, or the mediocre.

### Define it:

Why do we tend to look at things pessimistically? Pessimism is the opposite of optimism, Thinking Positive!! Thinking negatively releases hormones into your brain that make you feel bad. It's not normal to think negatively...it's something we have been taught to do, so we must UNTEACH ourselves. It may seem like the easy way out, but you don't grow or learn by taking the shortcut...It takes brain power, strength, and courage to find a way out of a maze!!

### Let's Look at an Example.

There will always be situations and circumstances in your life that can look like a big problem! If you go to the dentist and find out that you have a cavity that can definitely be looked at as a problem. But the so-called problems teach us right from wrong, good from bad!! Walt Disney, the creator of Walt Disney World, lost all his money not once, not twice, but he didn't give up!! He kept on trying, and today, his name is on the greatest theme park on the planet. When he lost all of his money, what do you think made him try it again, not one more time, but a third time? He had to have seen the glass as half full. That means he had to have seen his mistakes as ways to learn and grow from. He probably learned what didn't work, and he tried another way, and as we all know today, it worked!

## Let's Talk About It.

When negative hormones are released in the brain, it tells our body, "Get Ready!! Tense Up!! It's getting ready to be a big mess!!" As a result, the body tenses up, and what results are headaches, body aches, stomach aches, a loss of appetite, a bad attitude, and more. Science has proven that stress can kill us, not to mention cause drug and alcohol addictions, and accidents, and ruin our lives.

## Let's Look and Discuss.

There are ways to reverse this damaging mindset. The power to change your mind is entirely in your head!! In other words, Your Perception is your reality, meaning how you see things can change how you feel about and process things in your brain and your body. If you are worried about something, you can look at the situation as a way to learn and grow; you can ask for help from your teacher and people who care about you; instead of isolating yourself, you can find a solution!!



**Think Happy Thoughts  
and good things will happen!**



**Video – Never Give Up – Steve Harvey – 10-15 Minutes**



# Giving Up Is Never an Option

**Change your perception! Look at the Challenge and tell yourself you are an overcomer!! Giving up is never an option.**

**Let's look at creative ways of looking at situations:**

## **What would you do if:**

**1. You studied for a test and still ended up failing?**

**You could allow discouragement to make you give up and not try again, or you could go to your teacher and ask for an opportunity to do something for extra credit, or you could ask your teacher or a peer for help.**

**You could communicate with someone you trust and ask them for guidance. Giving up is never an option for you!!**

**2. You ask someone out on a date, and they say no.**

**You could allow that to turn into a negative complex about yourself, or you could look at it as a challenge to focus on being the best you and looking for someone who likes you the same way you like them. Many people in the world share our views—we just have to wait for them!!**

**3. Write down some ways you can be creative in changing how you look at things in your life.**

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**After you complete this assignment, take it home to remind yourself.**