

ATTITUDE FIX

Turn moving into a positive

Materials: Worksheet copies, pens or pencils, timer

Directions: Read the worksheet, complete the activity and discuss as a group.

Uh oh. It's those often-dreaded words: "We're going to move."

How many times have you faced the challenge of moving? Of uprooting your life and starting over?

Every time we move, it's a different experience.

Moving can be positive, but we have to look at it in a positive light. We have to readjust our attitude!

Today, we're going to share what it's like to move — both the negative and positive aspects. Let's think about the cons and pros of moving to learn how we can better prepare for our next relocation.

ACTIVITY INSTRUCTIONS

- 1 On the worksheet under the CONS column, write down the negatives of moving to a new location. Use the examples to help guide you.
- 2 Under the PROS column, write down something optimistic that would turn each con into a positive. Think about all the new opportunities and situations you'll encounter when you move. Use the examples to help guide you. You'll have 6 minutes to write.

(Set the timer for 6 minutes.)

- 3 When the timer sounds, we'll share one con and one pro about relocating. As we discuss the cons, think about how a positive outlook can move each con into the pro column. When we focus on possibilities instead of pitfalls, a whole new world opens up to us!

CONS	PROS
Going to a different school.	Having new teachers.
Living in a snowy climate.	Getting to ski!

