

CLASS : 5

SUBJECT :VALUE EDUCATION

CHAPTER NUMBER: 4

CHAPTER NAME : POSITIVE ATTITUDE

SUBTOPIC : WHY DO WE NEED A POSITIVE ATTITUDE?, HOW NEGATIVE ATTITUDE GIVES POISON TO YOU?, HOW TO BUILD A POSITIVE ATTITUDE?

CHANGING YOUR TOMORROW

LEARNING OBJECTIVE

Learners will come to know about:

- 1. Need of positive attitude.**
- 2. Building of positive attitude.**
- 3. Impact of negative attitude in our life.**

Why do we need a positive attitude?

A positive attitude helps you make good in the following points:

- **It helps nourish a pleasing personality.**
- **It is energizing.**
- **It increases your enjoyment of life.**
- **It inspires others around you.**
- **It reduces stress of your mind.**
- **It solves your problem.**
- **It makes a congenial atmosphere.**
- **It breeds loyalty.**
- **It fasters team-sprit.**

Read and Understand

“Look for the Gold”

Andrew Carnegie came to America from Scotland as a young boy. He started out by doing odd jobs and ended up as one of the largest steel manufacturers in the United States. At one time, he had 43 Millionaires working for him. a million dollars is a lot of money today. But in 1920s, it was worth much more. Someone once asked Mr. Carnegie how he was dealing with people. Andrew Carnegie replied “Dealing with people is a lot, like digging for Gold. When you go digging for an ounce of gold, you have to move tons of dirt. But when you go digging, you do not go looking for the dirt, “you go looking for the gold”.Andrew Carnegie’s reply has a very important message. There is something positive in every person and every situation. We have to dig deep to look for the positive.

How negative attitude gives poison to you?

- Negative attitude creates an unpleasant environment at home, at work.
- Negative attitude leads to bitterness, resentment, purposeless life, ill-health, high stress and unpleasant life.

How to build a positive attitude?

- Step-1: Look for the positive
- Step-2: Make a Habit of Doing it Now
- Step-3: Develop Attitude of Gratitude
- Step-4: Get into a Continuous Education Programme
- Step-5: Build a positive Self-esteem

Homework

Do and learn activity 2

[Prepare an index card of 3” by 5”. Write the 8 steps of positive thinking and read them everyday in the morning for 30 days].

LEARNING OUTCOME

By the end of the class, learners will be able to know about:

- 1. Need of positive attitude.**
- 2. Building of positive attitude.**
- 3. Impact of negative attitude in our life.**

THANKING YOU
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