

Friends Club



Attitude is
Everything

Additional Project Ideas

Write a skit. Have the girls write and perform a skit that illustrates how attitude affects the way things are communicated. Have the girls demonstrate the same conversations (in words) but with different attitudes. Talk about how our attitudes affect our communication and how people understand us.

Keep a journal. Have the girls keep an attitude journal. Have them journal about their different attitudes throughout the week and what triggered those attitudes. If they have a good attitude, what caused it? If they have a bad attitude, what caused it? How did they respond? What did they do to help themselves have a better attitude? At the end of the unit, have the girls look back and notice trends in the way their attitudes affect their actions and vice versa.

Go on a mission. Challenge the girls to go on an "attitude mission." Have them hunt for people who are having a bad day (friends, siblings, teachers, parents) and do something to brighten their day. The twist in the mission is that the girls should try to do this without the other person knowing what they're doing. Brainstorm ways to spread joy to the people the girls encounter on a daily basis. Talk about how small things can make a big difference in others.

Look it up. Have the girls find verses that illustrate the kind of attitude we should have as followers of Christ. The girls could find verses together, divide them up, and have each girl write a short essay about what the verse means and how it should affect our attitude. Have the girls brainstorm creative ways to remind themselves of these verses (posters, verses on their mirror, bookmarks, etc.). Bring fun paper, stickers, pens, etc., for the girls to use to make their creations.

Take note. Have the girls keep a record of the attitudes they observe around them. If someone has a poor attitude, how do people react? If someone has a good attitude, how do people respond? From what they observe, how does a person's attitude affect how they're treated? (School is a great place for this kind of observation!)

Let's hear about it. Invite a guest speaker who has gone through difficult circumstances in her life. Have her share about the importance of having a good attitude through tough times and how damaging having a bad attitude can be. Allow plenty of time for the girls to ask questions.

Hide it in your heart. Challenge each girl to choose a few verses to memorize and think about every time they feel a negative attitude coming on. The girls can choose the verses on their own, or choose a few from the following list:

Galatians 5:22,23

Ephesians 4:22-24

Ephesians 5:1,2

Philippians 2:5-11

Philippians 4:4-7

Philippians 4:8

1 Thessalonians 5:16-18

James 3:17,18

Resource Ideas

- *The Power of a Positive Teen* by Karol Ladd, Howard Books, 2005.
- *Being a Girl Who Loves: Learning to Love Like Jesus* by Shannon Kubiak Primicerio (available at www.gospelpublishing.com).

Additional Discussion Questions

Discovery #1

- Do you think having a bad attitude helps or hinders you?
- How can the friends you choose affect your attitude?
- How can having a good attitude put you ahead?

Discovery #2

- What is happiness? What is joy? How do these things affect your attitude?
- How can you help those around you have a better attitude?
- Why do you think it's so difficult to change your attitude from good to bad?

Discovery #3

- How can you choose friends who will help you have a good attitude?
- What can you do to make your attitude more Christ-like?
- What should you do if you find yourself constantly having a bad attitude?

Discovery #4

- How can you change your attitude before it becomes a problem?
- How can you help those around you have a better attitude?
- What does self-control have to do with having a good attitude?

Discovery #5

- What does having a Christ-like attitude look like for you today?
- How can you be a good witness just through your attitude and actions?
- What does Jesus' teaching on salt and light have to do with having a good attitude?

Discovery #6

- What can you do for your friends to help them have a good attitude?
- What can you do for your family members to help them have a good attitude?
- How does helping others affect your attitude?