

The Positive Dog

BY JON GORDON



Hope at Hand

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What We Do

Hope at Hand provides poetry sessions for at-risk youth populations.

Using art, poetry, creative expression, and therapeutic approaches, we facilitate healing and personal growth through choice, change, confidence and self-esteem.

The Positive Dog

By Jon Gordon

This workbook belongs to:



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Lesson 1

Book Reading & Reflection

Chapter 1: Matt & Bubba

Chapter 2: The Benefits of Being Positive

Poetry

Found Poems & List Poetry

Art

Zen Doodle

Materials

“The Positive Dog,” Template for Found/
List Poetry, “Note to Self” by Steffani
Fletcher, Pencils, Colored Pencils,
Sentence Strips, Plain Paper, Highlighters,
Sentence Strips, Success Journals

Lesson 1 Instructions

1. Read: As a group, read *The Positive Dog* Chapters 1 & 2. Ask students to circle and highlight their favorite words and phrases as you read.

2. Write: Found Poems. A Found poem is created by finding words or phrases while reading passages or any type of text, whether materials from school subjects, the newspaper, or even a good book you are reading for pleasure. Ask students to select their favorite word or short phrase from their highlighted text, and write this on a sentence strip. Lay all of the sentence strips on the ground, and as a class, start arranging them into a poem. Glue sentence strips together and type up for the next class. Add little words if needed for the group poem to make sense. Read the group poem aloud.

3. Write: A list poem is simply a list of ideas focused around a title and resembles a To-Do or grocery list. Model the process of creating a list poem, using an easy subject such as yellow or travel as your title. Brainstorm with the group to generate a list of interesting words to support the sister and list them vertically as in a bullet list. Have students think about the words and phrases they highlighted from “*The Positive Dog*,” and rearrange them as sentences, words, or phrases. Add new information, if needed, to expand on the concept of positivity. Use the words found in the text and the format of the list poem to create a poem. List them vertically. Add a title and author.

Chapter 1 Reflections

This chapter introduces our main characters, Matt and Bubba. What words would you use to describe each of them?

Matt	Bubba

At this time, do you feel more like Matt or Bubba? List some reasons you may feel this way.

Record your favorite words and phrases from this chapter here.

Chapter 2 Reflections

What does the research Bubba shared say about the benefits of being positive?

What does the research Bubba shared say about the costs of being negative?

Record your favorite words and phrases from this chapter here.

List Poem

Method

- Start with your title. This is the focus of your poem.
- Make connections to the title and create a work bank of about 15-20 ideas about the topic.
- Select your favorite items from the word bank and list them vertically.

Zoo Days

by Steffani H. Fletcher

Big yellow bus

My teacher

My friends

Then...

Monkey

Giraffe

Elephant

Snake

Hippo

Tiger

Lion

And a brown bag lunch



List Poems

A list poem does not rhyme. A list poem is simply a list of topics, ideas, nouns, verbs, or phrases focused around the title. Easy-Peasy!

Title: _____

- _____
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Title: _____

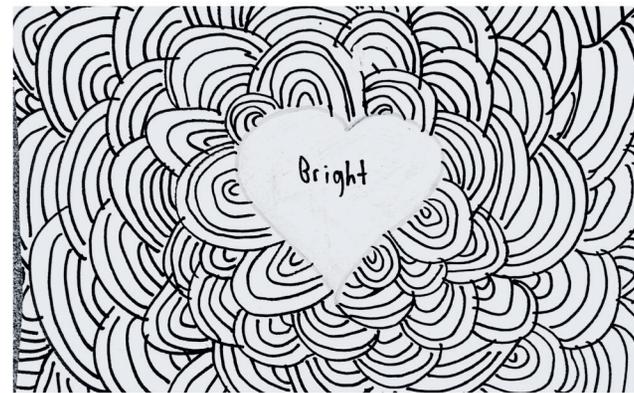
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Zen Doodle

- Choose one word from your List Poem.
- Write it in the middle of the paper.
- Draw a shape around your word. Then, draw a repeating pattern around your word. Color!



Lesson 2

Book Reading & Reflection

Chapter 3: Simple as a Smile

Chapter 4: Feed with Laughter

Poetry

Affirmations

Writing

20 Things I Love About Myself

Art

Self Portrait with Affirmations

Chapter 3 Reflections

Bubba tells Matt you must **intentionally** feed your positive dog each day. What are some things you can do to feed your positive dog?

"Waiting for something to make you smile is like sitting in a dark room waiting for someone to turn on the light switch." Are you waiting or getting up?

Record your favorite words and phrases from this chapter here.

Chapter 4 Reflections

Matt is beginning to realize that his thoughts are really important to feeding the positive dog! What are your thoughts like lately?

If your thoughts are not feeding your positive dog, what are some things you can do to change your thoughts?

Record your favorite words and phrases from this chapter here.

Affirmations

An affirmation a day keeps the doctor away!

Affirmations are positive statements you tell yourself. They can be simple or complex, but they always focus on what makes you amazing!

- | | |
|--|---|
| I can accomplish great things. | I make mistakes, but I learn from them. |
| I am a strong. | I am blessed. |
| I love my family. | I am confident and passionate. |
| I am enough. | I am creative. |
| I am special. | I love myself. |
| I have original ideas. | I am beautiful. |
| I work hard in school. | I enjoy being by myself. |
| I can accept compliments. | I am open-minded to new ideas. |
| I enjoy working hard and trying my best. | I understand my fears and struggles. |
| I deserve respect and compassion. | I am good at listening to others. |
| I never give up. | I am very energetic. |
| I enjoy spend time with friends. | I am loving and caring to animals. |
| I empower others. | I am loved. |
| I can make my own decisions. | I believe in myself. |
| I am patient and wait for the right opportunities. | I spend a lot of time thinking. |
| I am whole. | I make things happen. |
| There is no one just like me. | I am a positive person. |
| I will never stop learning and growing. | I try to always have a good attitude. |
| I love my body. | I empower myself. |
| I am smart. | Good things happen to me. |
| I am kind and giving. | I am healthy. |
| | I AM ME. |

I Love Being Me!

By Gemma Hayton

I can't run the fastest
I can't swim the sea
I can't type the quickest
But I love being me

I can't kick a ball
or even climb a tree
I can't roll in the grass
But I love being me

You see, this is my life
as others would see
They don't know what it's like
To really be me

I have lots I can teach you
I have loads I can share
You will never gain my wisdom
If you just point and share

So maybe I can't run the fastest
Maybe I can't kick a ball
But I wouldn't change being me
Not for you, not at all

20 Things I Love About ME!

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Lesson 3

Book Reading & Reflection

Chapter 5: Take a Thank-You Walk

Chapter 6: Build Your Gratitude Muscle

Poetry

Be Thankful

Writing

I Am Thankful For & Be Thankful

Art

Gratitude Circles

Chapter 5 Reflections

Bubba tells Matt about the importance of gratitude. Gratitude is all about appreciating the things and people we have. List 3 things or people you have gratitude for.

How are you starting your day? Are you thinking about what you don't have or don't like? Or are you focusing on the things you DO have?

Record your favorite words and phrases from this chapter here.

Chapter 6 Reflections

Bubba tells us that we can practice gratitude throughout the entire day! Are you doing this? If not, how can you start?

"Gratitude is like a muscle. The more we do with it, the stronger it gets." List 3 things you can do to grow your gratitude muscles.

Record your favorite words and phrases from this chapter here.

Be Thankful

Be thankful that you don't already have everything you desire, If you did, what would there be to look forward to?

Be thankful when you don't know something
For it gives you the opportunity to learn.

Be thankful for the difficult times.
During those times you grow.

Be thankful for your limitations
Because they give you opportunities for improvement.

Be thankful for each new challenge
Because it will build your strength and character.

Be thankful for your mistakes
They will teach you valuable lessons.

Be thankful when you're tired and weary
Because it means you've made a difference.

It is easy to be thankful for the good things.
A life of rich fulfillment comes to those who are also thankful for the setbacks.

GRATITUDE can turn a negative into a positive.
Find a way to be thankful for your troubles
and they can become your blessings.

I Am Thankful For...

Word Bank

I am thankful for _____

Be thankful when _____

Because it will give you the opportunity

Be thankful for _____

Because it will give you time

Be thankful for _____

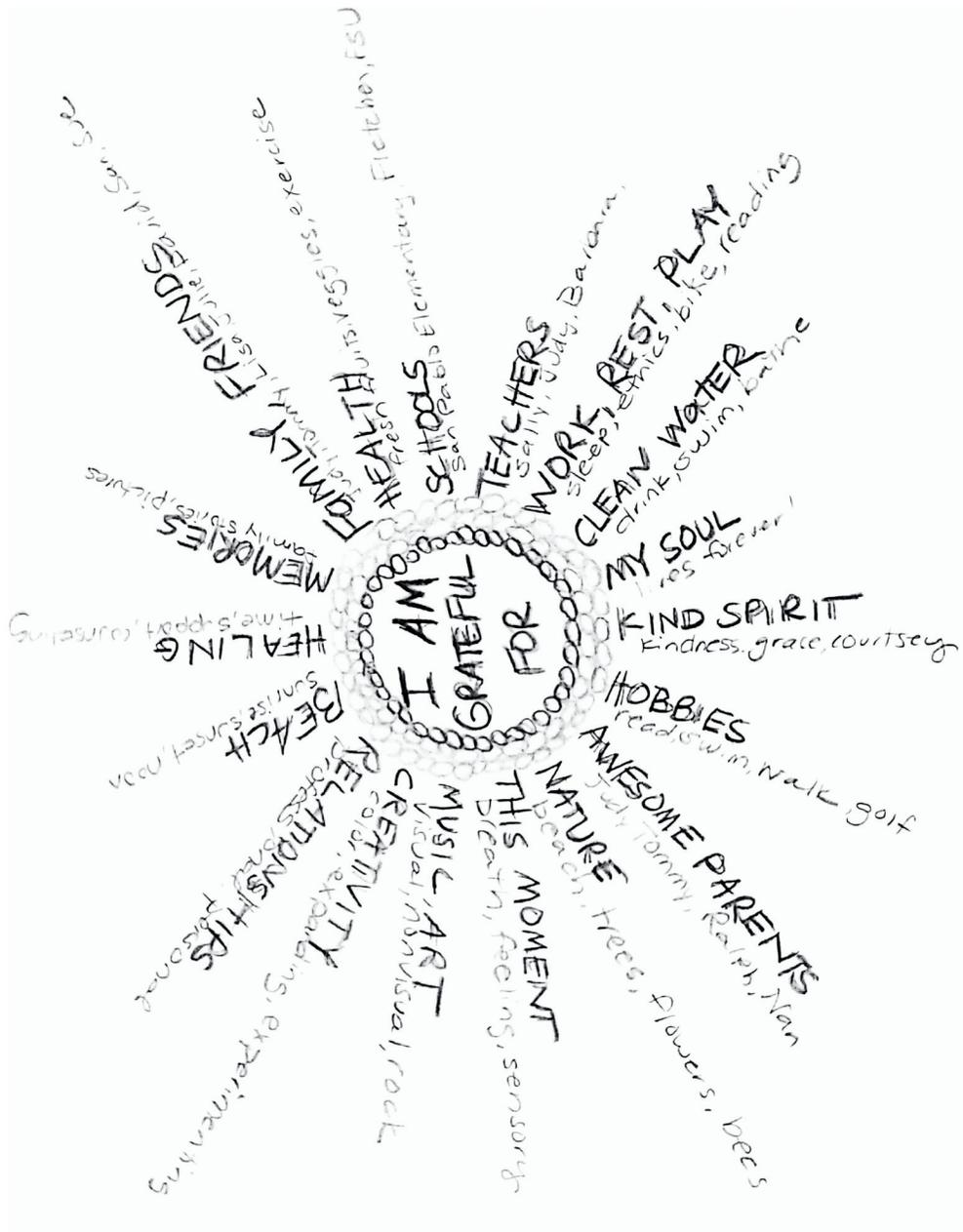
Because it will build

Be thankful for _____

Because it will teach

Be thankful for _____

Because it means



Lesson 4

Book Reading & Reflection

Chapter 7: A Day of Gratitude

Chapter 8: Tell Yourself Positive Stories

Poetry

Dialogue with Self

Writing

Transform Your Negative Self-Talk &

Dialogue with Self

Art

Positive Self-Talk Portrait & Speech Bubbles

Chapter 7 Reflections

"The more grateful you are, the more you get things to be grateful about." Do you feel like this is true? Why or why not?

"Speaking of gratitude, Bubba, I want to tell you what my success of the day was." What is your success of the day?

Record your favorite words and phrases from this chapter here.

Chapter 8 Reflections

The story you tell yourself defines the life you live and the actions you take. Are you telling yourself a positive or negative story?

Why do you think it's important to tell yourself a positive story?

Record your favorite words and phrases from this chapter here.

Dialogue with Self

I:

I am but young, forever growing.

But this is a new year, same as many. What allows this one to be so different?

What you speak is true. I shall take this new look upon life you have sprouted in me. For better or worse, triumph or catastrophe. This is the birth of a new me. Where have you been all my days of mourning, hurt and pain?

Thank you.

A New Beginning:

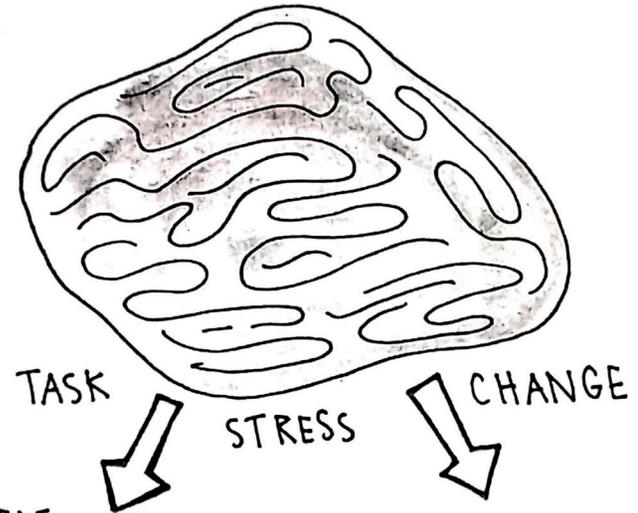
Yes, but with age comes wisdom and a new life as both are intertwined.

Shall you explain yourself? For every year is a chance to become anew. Like a rose growing from a sea of dead grass. There is always the chance to blossom, the day meant for you, in the midst of despair.

Where you have never looked. An open mind. A peace of the heart and rest in the soul.

Now go, so that your days of pain shall manifest into the destiny you are ready to grasp.

By Kyle, 10th grade
The Bridge of NE Florida

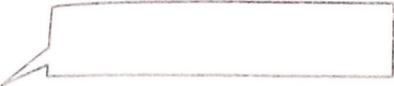
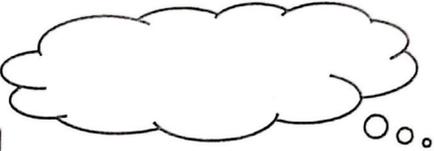
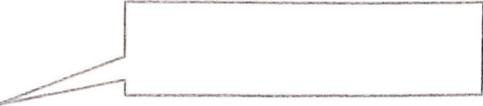
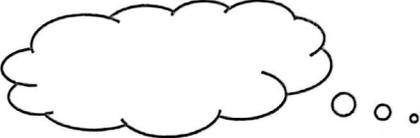
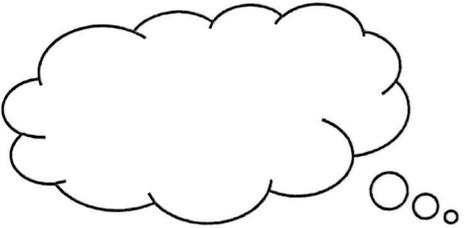
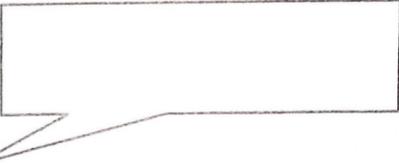
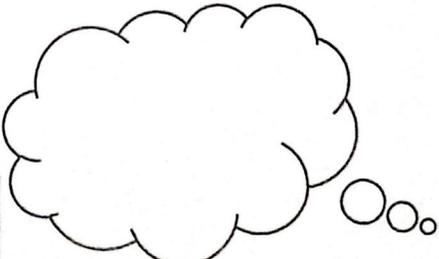


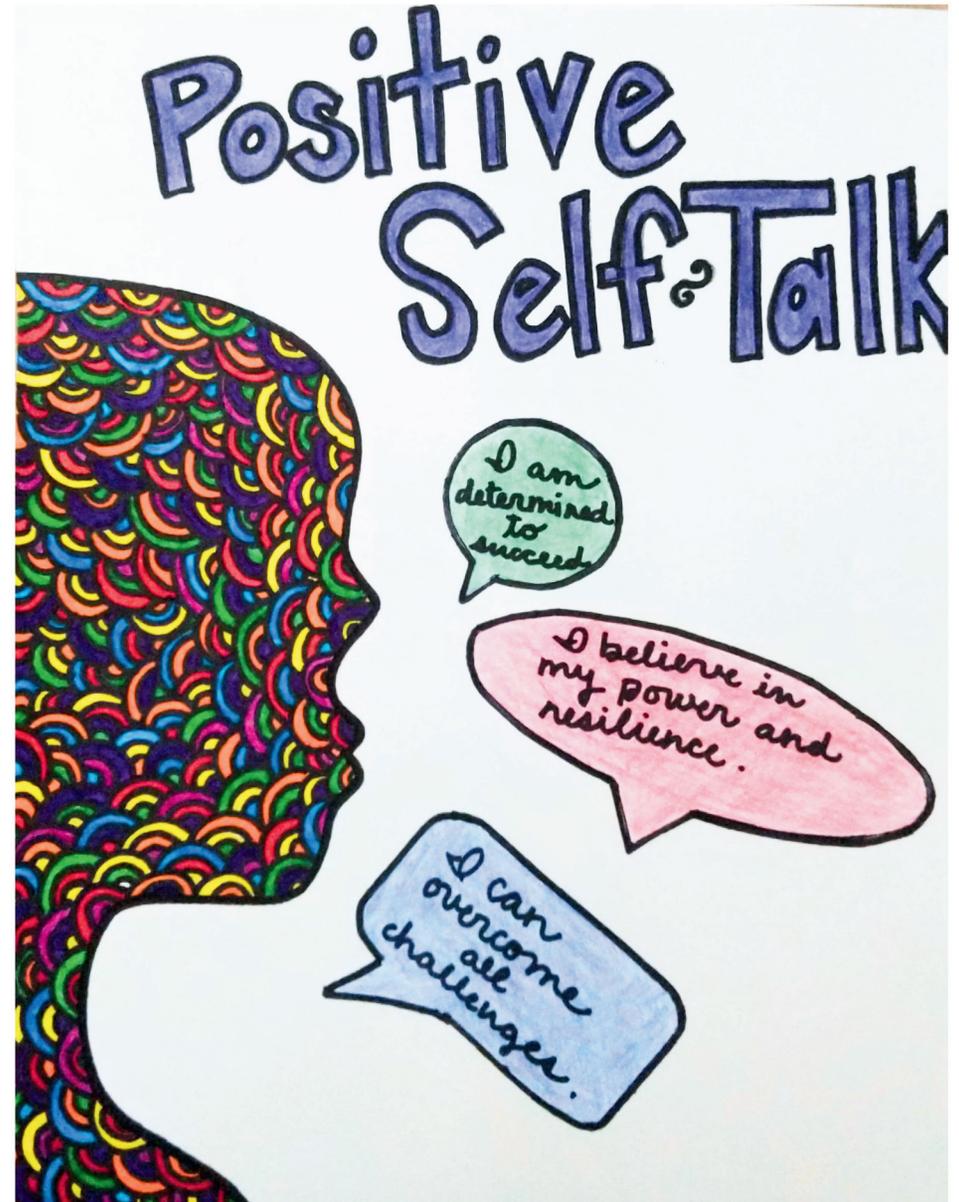
NEGATIVE SELF TALK

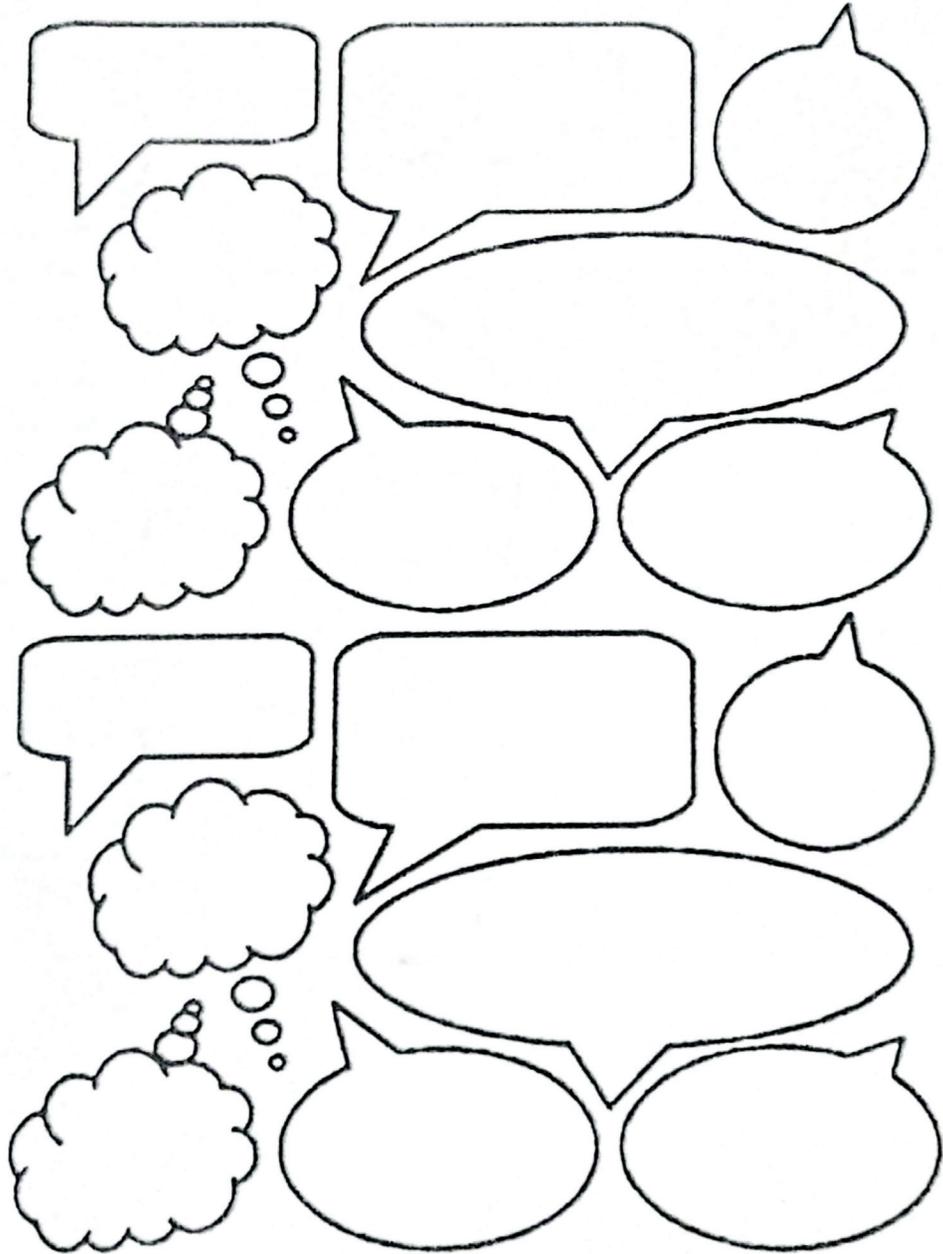
POSITIVE SELF TALK

Dialogue with Self

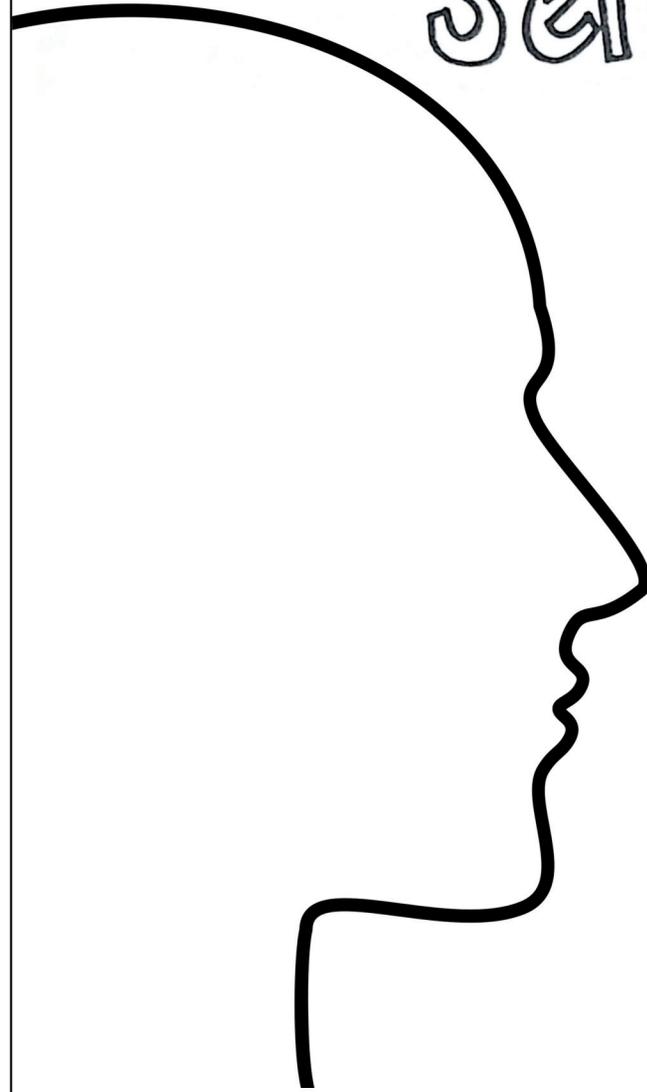
By _____





Positive Self-Talk



Lesson 5

Book Reading & Reflection

Chapter 9: Get to Instead of Have to
Chapter 10: Blessed instead of Stressed
“Have to” or “Get to” from Jon Gordon

Poetry

If by Rudyard Kipling & I Used to Be but
Now I Am by Ted Berrigan

Writing

Questions to Ask Yourself &
I Used to... But Now I

Art

Wolf Template

Chapter 9 Reflections

What is something you feel like you **have** to do?

I have to...

Now let's do a Word Swap! Rephrase your **have to** statement as a **get to** statement. Does it feel different saying it this way?

I get to...

Record your favorite words and phrases from this chapter here.

Chapter 10 Reflections

Stress is one of the biggest challenges we face from day to day. Name three things you are currently stressed about.

"Anytime you are feeling stressed, you can turn it around by feeling blessed." Name three things you are thankful for.

Record your favorite words and phrases from this chapter here.

If By Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,
Or, being hated, don't give way to hating,
And yet don't look too good, nor talk too wise;

If you can dream- and not make your dreams your master;
If you can think- and not make thoughts your aim;
If you can meet with triumph and disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to broken,
And stop and build 'em with worn-out tools;

Continued on next page...

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on";

If you can talk with crowds and keep your virtue,
Or walk with kings- nor lose the common touch;
If neither foes nor loving friends can hurt you;
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run-
Yours is the Earth and everything that's in it!

I Used to Be But Now I Am By Ted Berrigan

I used to be the future of America,
But now I am America.

I used to be part of the problem,
But now I am the problem.

I used to be part of the solution,
But now I am not that person.

I used to be intense & useful,
But now I am heavy & boring.

I used to be sentimental about myself,
& therefore ruthless,
But now I am a sympathetic person,
although easily amused.

I used to be a believer,
But now, alas, I believe.

I Used to Be

Written by a boy in a pretrial
detention center with Hope at Hand

I used to be wild and reckless
But now I am wise and cautious.
I seem to be hard and a con,
Really I am easy to get along with and honest.
I wish I could live without trouble.
I wish I was a millionaire.
I wish I could be free.

Do you feel like you've changed since last week?
Last year? Five years ago? In what ways have you
changed physically, interests, clothing, family,
friends, etc? Try to use figurative examples and
metaphors as well as literal examples.

How did you look?

_____ then _____ now

Who were you with?

_____ then _____ now

What did you do with your time?

_____ then _____ now

What did you like?

_____ then _____ now

What did you dislike?

_____ then _____ now

What were you afraid of?

_____ then _____ now

What were your dreams?

_____ then _____ now

I wish I could be...

_____ then _____ now

I wish I could have...

_____ then _____ now

In my free time I would...

_____ then _____ now

When I grew up, I wanted to be...

_____ then _____ now

What can you do now that you could not do then?

Was there anything you got in trouble for doing?

I Used To

By _____

I used to _____

But now I _____

I always _____

But I never _____

I once _____

But now I _____

If I could _____

I would _____

I never _____

But I might _____

I can't _____

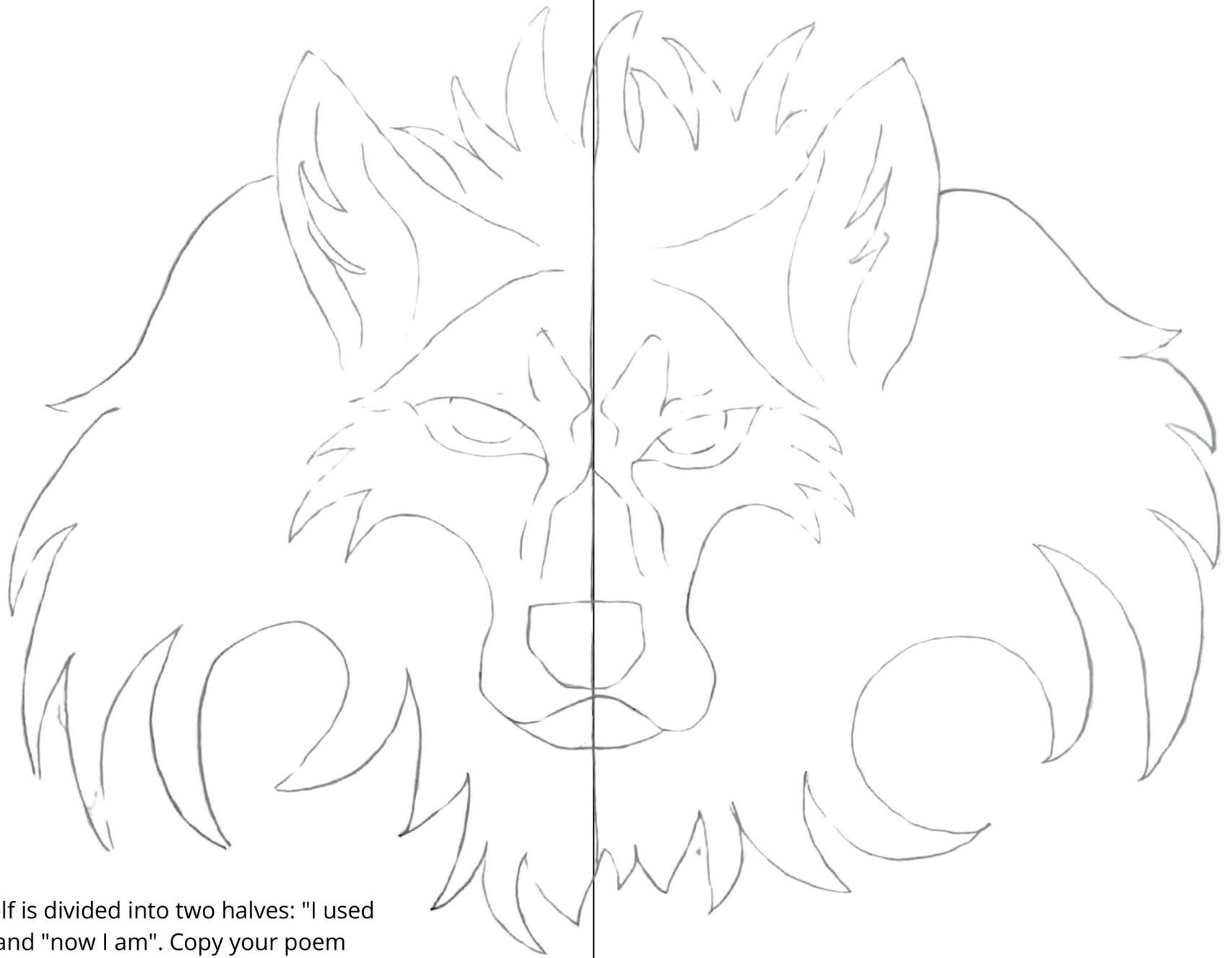
But I can _____

I won't _____

But I might _____

I used to _____

But now I _____



The wolf is divided into two halves: "I used to be" and "now I am". Copy your poem onto each half and color.

Lesson 6

Book Reading & Reflection

Chapter 11: Turn Complaints into Solutions

Chapter 12: Fear or Faith

Poetry

"Possibilities" by Wislawa Szymborska

Writing

I Prefer

Art

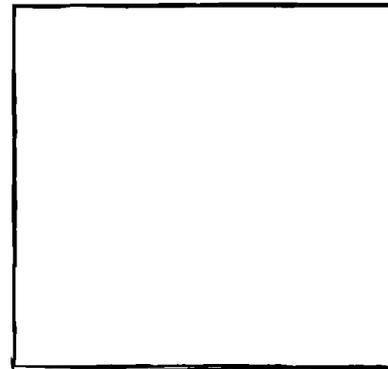
Mandalas

Chapter 11 Reflections

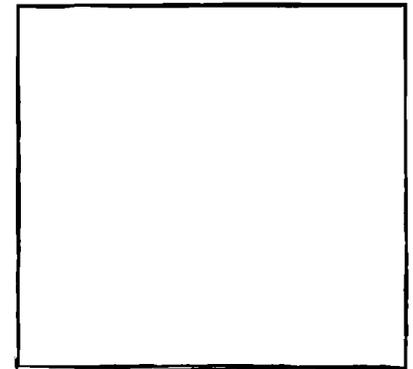
"Nothing feeds the negative dog
inside you like complaining."

Jade taught Bubba about the "No Complaining Rule",
which says that you won't complain unless you identify
one or two solutions to your complaint.

My complaint



My solutions



Record your favorite words and phrases from this
chapter here.



Chapter 12 Reflections

"All of our negativity is rooted in fear."

"Fear believes in a negative future. Faith believes in a positive future."

How can choosing faith help you overcome the fears you may have? What actions can you take to help create a positive future?

Faith helps me overcome...	Actions I can take...

Record your favorite words and phrases from this chapter here.

Possibilities

By Wislawa Szymborska

Modified from "Nothing Twice" (1997)

I prefer movies.
I prefer cats.
I prefer the oaks along the river.
I prefer keeping a needle and thread on hand, just in case.
I prefer the color green.
I prefer exceptions.
I prefer to leave early.
I prefer talking to doctors about something else.
I prefer the old fine-lined illustrations.
I prefer the absurdity of writing poems to not writing poems.
I prefer nonspecific anniversaries that can be celebrated every day.
I prefer moralists who promise me nothing.
I prefer clever kindness to the over-trusting kind.
I prefer conquered to conquering countries.
I prefer having some reservations.
I prefer Grimms' fairy tales to the newspapers' front pages.
I prefer leaves without flowers to flowers without leaves.
I prefer dogs with uncropped tails.
I prefer light eyes, since mine are dark.
I prefer desk drawers.
I prefer many things I haven't mentioned here to many things unsaid.
I prefer the time of insects to the time of stars.
I prefer to knock on wood.
I prefer not to ask how much longer and when.
I prefer keeping in mind even the possibility that existence has its own reason for being.

Title: _____

Poet: _____

I prefer _____

What is a Mandala?

Mandala is a Sanskrit word that loosely translates to "circle" or "center". The word is often associated with circular designs that have repeating colors, patterns, and shapes.

In the Hindu and Buddhist traditions, mandalas are an object of meditation, used to cultivate enlightenment, compassion, and wisdom.

They can be found across all cultures, including:

- Celtic spirals and knots
- Rosaries and halos
- Chinese Yin & Yang symbols
- Hindu Yantras
- Labyrinths
- Native American medicine wheels and dream catchers
- Navajo Sand Paintings
- Tibetan Sand Mandalas



Mandalas can also be found throughout nature, as snowflakes, flowers, and shells. The cyclical patterns of the moon, sun, and seasons are also seen as mandalas.



Creating and coloring mandalas is beneficial! Doing so may help you to:

- Relax the body and mind
- Cultivate feelings of happiness and inner peace
- Ease stress, anxiety, worry, fear, and depression
- Activate creativity and improve focus
- Enhance self-esteem and self-acceptance
- Foster a sense of connectedness
- Improve sleep

Lesson 7

Book Reading & Reflection

Chapter 13: Challenges or Opportunities

Chapter 14: An Opportunity

Poetry

"Recipe for Success" by Jon Gordon &
A Recipe to Nourish

Writing

Recipe Poems

Art

Recipe Card

Chapter 13 Reflections

"We can choose to see adversity as just a challenge or as an opportunity that helps us learn, improve, and grow."

Think of a recent or current challenge you are experiencing. Describe this challenge in the space below. How does it make you feel?

Record your favorite words and phrases from this chapter here.

Chapter 14 Reflections

Now, let's turn your challenge into an opportunity! Ask yourself:

What can I learn from this experience?

How can I grow from this experience?

Record your favorite words and phrases from this chapter here.

Success Journal Entry December 2009

By Jon Gordon

“What was my greatest success today?”

Each night before my children go to bed I ask them what their success of the day is. The idea came from a story I read about the Olympic gymnast, Bart Connor. Turns out that nine months before the 1984 Olympics he tore his bicep muscle. They said he would never make it back in time to compete in the Olympics... but not only did he make it back, he won two gold medals.

When Charlie Jones, the television broadcaster, was interviewing him, he asked Bart how he did it. Bart thanked his parents. Charlie Jones said, “Come on Bart, everyone thanks their parents when they win a gold medal.” Bart told Charlie that this was different. He said, “Every night before bed my parents would ask me what my success was. So I went to bed a success every night of my life. I woke up every morning a success. When I was injured before the Olympics, I knew I was going to make it back because I was a success every day of my life.” Talk about a confidence booster!

Since engaging in this practice with my children, I can attest it works. I also know it works because I share this story in my keynotes and hear great stories from people all the time who are doing this with their children. I also know it works for adults in businesses, schools, and organizations because when we focus on what people are doing right, they do more things right. Success becomes ingrained in the culture, and people naturally look for it, focus on it, and expect it.

Consider your family your most important organization and team, and create a culture of success by instituting this simple, powerful ritual. Your kids might not win gold medals as a result, but they'll develop the confidence to pursue their dreams.

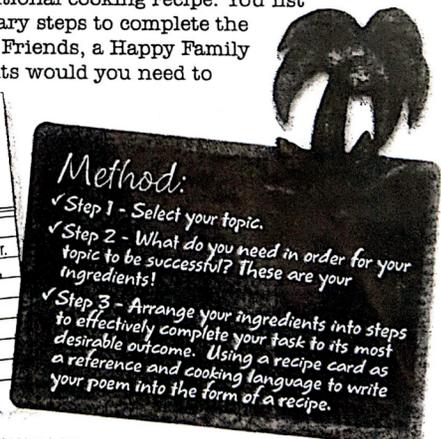
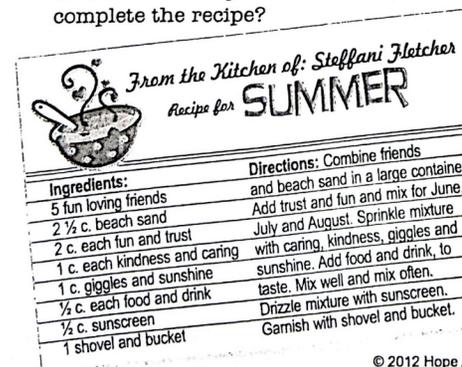
A Recipe to Nourish Your Team and Culture

- Stir the Pot with Love
- Lead with Optimism
- Spread the Vision
- Build Trust
- Fill the Void with Positive Communication
- Add a Big Dose of Transparency & Authenticity
- Create Engaged Relationships
- Combine Inspiration, Encouragement, Empowerment and Coaching
- Fill up with Appreciation
- Heat with Passion
- Bring it all Together with Unity

RECIPE POEM.



A recipe poem uses the format of a traditional cooking recipe. You list your ingredients followed by the necessary steps to complete the recipe. You can write a recipe for Good Friends, a Happy Family or the Perfect Day. What exact ingredients would you need to complete the recipe?



Recipe Terms

- | | | |
|--------------|------------|------------|
| • teaspoon | • pinch | • blend |
| • tablespoon | • gallon | • garnish |
| • ounce | • dash | • toss |
| • cup | • mix | • bake |
| • pint | • stir | • sprinkle |
| • quart | • marinate | • zest |

Use the form on the next page to brainstorm ideas. Then choose the best ones for your poem. You do not have to include every step in the final poem and may add others not on this list. Some recipes may call for heat, for example. This is YOUR poem.

Take _____ (ingredients) _____ Put _____ (container)

_____ (ingredients you need to combine) IN _____ (container)

Mix (or blend, stir, chop, etc.) with (utensil or machine) _____

Until _____ (how you can tell it's ready)

Pour (or throw, drop, etc.) _____

Cook (bake, broil fry, etc.,) in a _____ (temperature) Until _____

At _____

You can tell it's done when _____

Let stand (cool, etc.) until _____

Add (sprinkle on, etc.) _____

Cut (slice, chop, etc.) and serve (with, to, etc.) _____

Lesson 8

Book Reading & Reflection

Chapter 15: The Positive Dog Grows
Chapter 16: Positive Energy is Contagious & Lotus Meditation

Poetry

"The Nature of this Flower is to Bloom by Alice Walker

Writing

Six Word Memoir

Art

Lotus Flower

Chapter 15 Reflections

"Positivity doesn't just change you; it changes everything around you."

What are some ways you have become more positive?

What are some of the benefits of being positive that you have experienced?

Record your favorite words and phrases from this chapter here.

Chapter 16 Reflections

"Both positive and negative energy are contagious. Whatever you are thinking and feeling you are projecting to others and impacting them."

Are you impacting others in a positive or negative way?

Name 2 ways to make a more positive impact.

Record your favorite words and phrases from this chapter here.

The Nature of this Flower is to Bloom By Alice Walker

Rebellious. Living.
Against the Elemental Crush.
A Song of Color.
Blooming
For Deserving Eyes.
Blooming Gloriously
For its Self.



Lotus Meditation

Imagine that you are a lotus seed buried beneath a muddy pond. There is mud all around you. Above you, above this muddy pool of dirt, mud and filth, is sunshine and air. You are not disheartened as you begin your journey toward the surface. You are ready to grow toward the light.

With a determined heart, you begin to wiggle in the earth. You grow roots deep, deep into the mud. Your little stem grows up slowly. Suddenly, you are out of the mud. Your stem grows higher and higher, taller and taller. You rise up slowly, fighting against the muddy water. All of a sudden, you are out of the muddy pond! You reach up toward the warm sun, shining down on you.

Your lotus bud begins to grow on top of your stem. It expands and grows larger and larger, finally bursting into full bloom. A glorious lotus flower. You stand beautifully above the muddy water, not dirtied by the mud from which you grow. You are fragrant and beautiful.

Everyone who saw marveled at your beauty. Your determination to grow out of the muddy pond reminds them of the strength it takes to grow out of the mud.

You are a beautiful, shining lotus flower, and your role is to remind people to rise above their difficulties and sufferings, just as you are rising above the muddy water and not dirtied by the mud from which you grow.

Like a lotus flower that grows out of the mud and blossoms above the muddy water surface, we can rise above our difficulties and sufferings of life.



"The lotus is the most beautiful flower, whose petals open one by one. But it will only grow in the mud. In order to grow and gain wisdom, first you must have the mud - the obstacles of life and its suffering. The mud speaks of the common ground that humans share, no matter what our stations in life. Whether we have it all or we have nothing, we are all faced with the same obstacles: sadness, loss, illness, dying, and death. If we are to strive as human beings to gain more wisdom, more kindness, and more compassion, we must have the intention to grow as a lotus and open each petal one by one."

- Goldie Hawn

Six Word Memoir

Method

- Select a focus word. This will become your title.
- Jot down ideas, words, phrases that focus on your moment in time.
- Organize them in a meaningful way to only include 6 words.

Focus Word

Ideas/Words/Phrases



Lesson 9

Book Reading & Reflection

Chapter 17: Positive Boomerang

Chapter 18: Feeding Others

Poetry

"Your Hand"

Writing

With My Hands

Art

Handprint

Chapter 17 Reflections

"The more positivity you grow and share, the more it grows and expands and comes back to you."

Why does Bubba compare positive energy to a boomerang?

How can you make your Positive Boomerang reach farther?

Record your favorite words and phrases from this chapter here.

Chapter 18 Reflections

"One of the most powerful ways to continue feeding the positive dog throughout your life is to be a feeder of others."

What are some ways to feed others?

Choose 3 ways you would like to feed others this week. Commit to making it happen!

Record your favorite words and phrases from this chapter here.

Your Hand

When my world falls down around me,
And the ground is sinking sand;
When peace can't be found on this earth,
I reach out for your hand.

Then when your hand wraps around my own,
A strength pours from your soul;
It brings me to a quiet calm,
Til once again I'm whole.

A peace beyond all reason,
A rest there in your touch;
Something in your quiet words,
My heart yearns for so much.

If I but rest my worries,
Upon your shoulder there;
The strength that pours forth from your soul,
Will wash away each care.

Like a cool, sweet taste of water,
For a tired and thirsty man;
My heart finds peace, my soul is calm,
When I reach out for your hand.

With My Hands

Have you ever thought about your hands?
If your hands could speak, what would they say?

With my hands, I help _____

My hands get tired because _____

My hands feel _____
because _____

With my hands, I want to _____

My hands show love by _____

My hands find comfort in _____

With my hands, I can _____

My hands are instruments of _____
because _____

Design your handprint, then add your writing.



Lesson 10

Book Reading & Reflection

Chapter 19: Love

Chapter 20: Encouragement

Poetry

"Think Like a Tree" by Karen Shragg

Writing

Tree Poem

Art

Advice From a Tree

Chapter 19 Reflections

Why does Bubba call LOVE the most powerful form of positive energy?

"When you share love, it comes back to you...
If you keep sharing your love with the world
it will have such a positive impact on your life
that it will come back to you tenfold."

How are you sharing with the world?

Record your favorite words and phrases from this chapter here.

Chapter 20 Reflections

Do you consider yourself a pessimist or an optimist?
Tell why.

"The world needs more optimists, encouragers,
and inspirers. Show people you love them by
encouraging them."

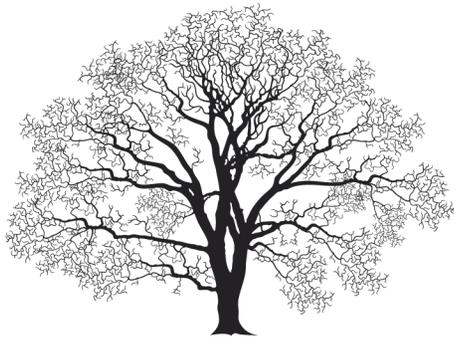
How can you become more of an encourager?

Record your favorite words and phrases from this chapter here.

Think Like a Tree

Soak up the sun.
Affirm life's magic.
Be graceful in the wind.
Stand tall after a storm.
Feel refreshed after it rains.

Grow strong without notice.
Be prepared for each season.
Provide shelter to strangers.
Hang tough through a cold spell.
Emerge renewed at the first signs of spring.
Stay deeply rooted while reaching for the sky.
Be still long enough
to hear your own leaves rustling.



Tree Poem Outline

One Word

What are you thankful for?

Two Words

How do you show gratitude?

Be _____

Be _____

Be _____

Three Words

How do you NOT show gratitude?

Don't _____

Don't _____

Don't _____

Tree Poem Outline (Part 2)

Four Words

What is trust? How are you learning to trust?

Trust _____

Trust _____

Trust _____

Five Words

What are you learning about yourself? About gratitude?

Learn _____

Learn _____

Learn _____

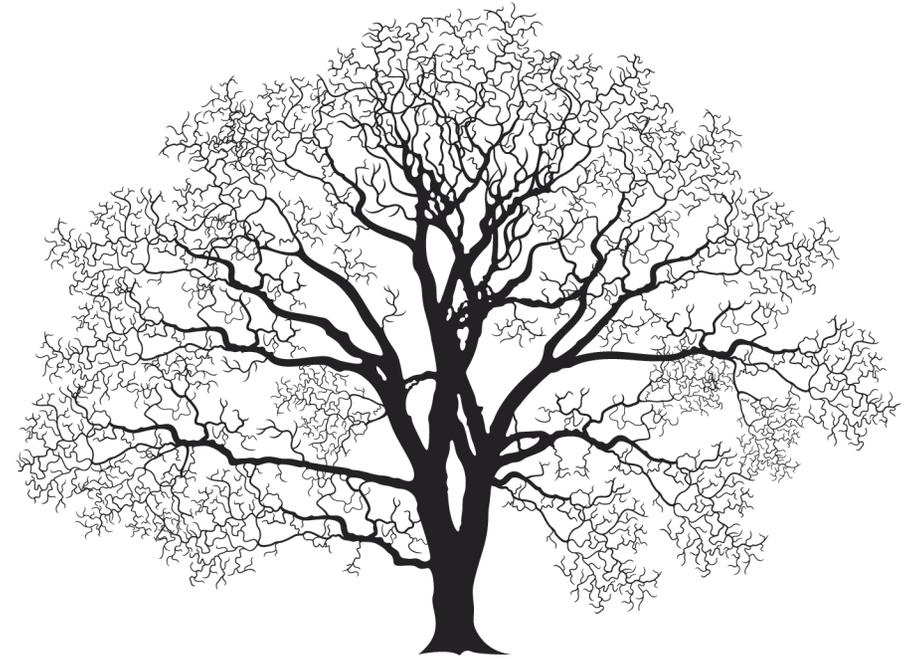
Six Words

What is acceptance? Why is it important?

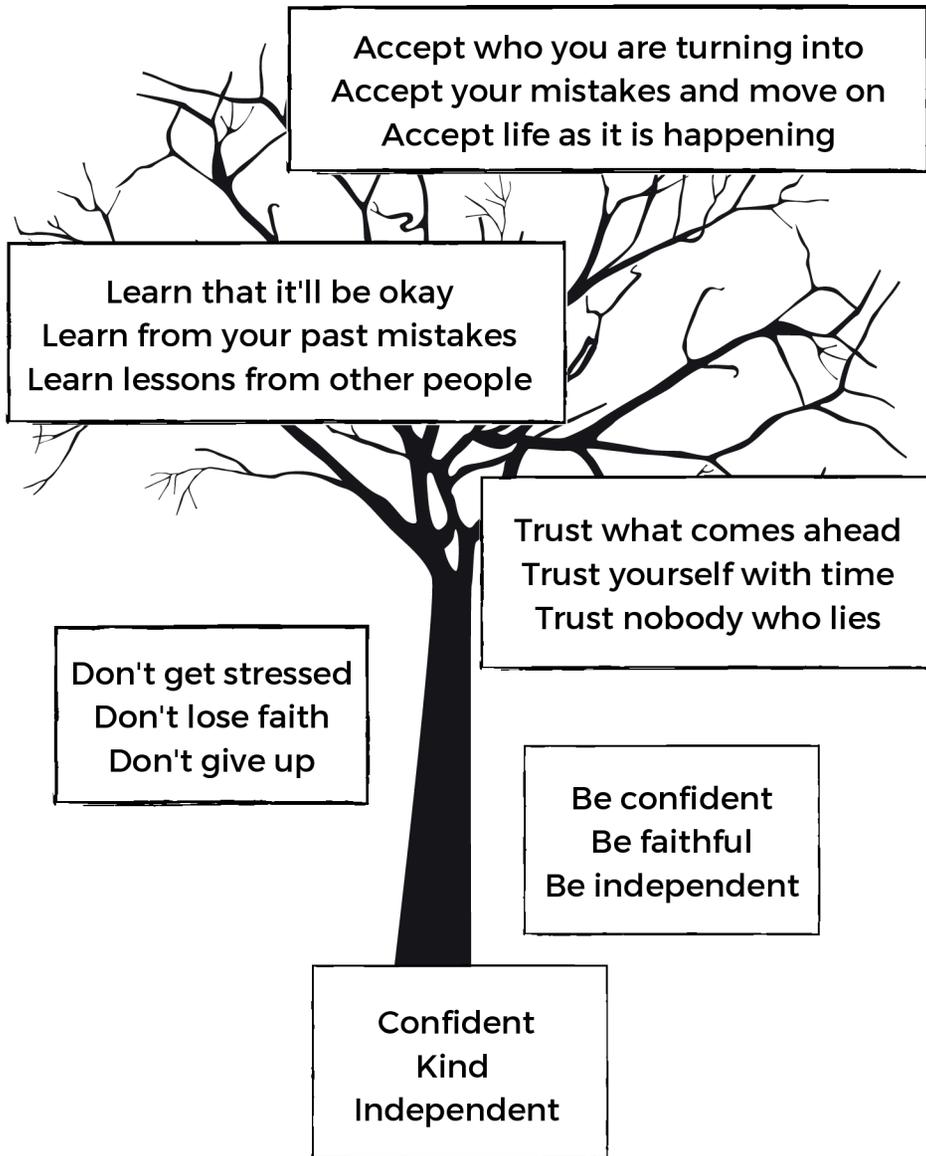
Accept _____

Accept _____

Accept _____



Design your tree. Use watercolors or colored pencils.
Write your Tree Poem around the branches.



Lesson 11

Book Reading & Reflection

Chapter 21: No Ordinary Day

Chapter 22: Negativity Serves a Purpose

Poetry

"I Am From" by Anonymous &

"Where I'm From" by George Lyons

Writing

I Am From

Art

Self Portrait

Chapter 21 Reflections

Matt was able to feel happy for Bubba even though he was leaving the shelter. What had Matt learned that helped him stay positive?

"I'm going to miss you more than you know," Matt said quietly under his breath.

What do you think Matt will miss about Bubba the most?

Record your favorite words and phrases from this chapter here.

Chapter 22 Reflections

What purpose does negativity serve in our lives?

"Negativity actually helps you see and appreciate the positive."

Describe a time when negativity helped you appreciate the positive.

Record your favorite words and phrases from this chapter here.

I Am From

I am from my green blankey and climbing out of my crib,
From playing mermaid in the bathtub.

I am from my sheep nightlight and the Berenstain Bears.
I am from spinning until I can't tell where I am
And seeing the world upside-down.

I am from long days at school,
And hurrying home to watch Pokemon.
From chocolate chip cookies at grandma's house.

I am from July days in the pool
And running through the sprinklers.
From my imaginary friends and the games we used to play.

I am from rainy days and board games,
Saturday cartoons and Cheerios.

I am from books and flashlights and pens and paper.
From silence to screaming.

I am from tears on my pillow and unanswered cries.
From holding your hand and that look in your eyes.

I am from past and present and dreams of the future.
I am from hard work and harder play.
And I am from writing down my thoughts
On a midsummer's day.

I am from _____
And _____
From _____

Mood Shift - Show, don't tell!

I am from _____
And _____
From _____

Mood Shift - Our hopeful spirit prevails!

I am from _____
And _____
I am from _____
And _____

Lesson 12

Book Reading & Reflection

Chapter 23: What Would Bubba Do?

Chapter 24: A Special Day

Chapter 25: Two Positive Dogs are Better than One

Poetry

"Positive Dog Pledge" by Jon Gordon

Writing

My Positive Pledge & Action Plan

Chapter 23 Reflections

After Bubba left, Matt decided to take the lead and share and teach positivity. How does Matt continue to spread positivity at the shelter?

What are some ways that YOU can continue to spread positivity?

Record your favorite words and phrases from this chapter here.

Chapter 24 Reflections

"One of them will get picked and I will be happy for them," Matt thought.

What important lesson has Matt learned?

What impact do you think Matt has had on the other dogs at the shelter?

Record your favorite words and phrases from this chapter here.

Chapter 25 Reflections

"Being positive really is a choice and feeding the positive dog inside you is one of the most important choices you can make."

How can you continue to make the choice to feed the positive dog?

Why is choosing to be positive one of the most important choices you can make?

Record your favorite words and phrases from this chapter here.

The Positive Dog Pledge

I pledge to be a positive person and positive influence on my family, friends, co-workers, and community.

I promise to be positively contagious and share more smiles, laughter, encouragement and joy with those around me.

I vow to stay positive in the face of negativity.
When I am surrounded by pessimism, I will choose optimism.

When I feel fear, I will choose faith.
When I want to hate, I will choose love.
When I experience a challenge,
I will look for opportunity to learn and grow.

When faced with adversity, I will find strength.
When I experience a set-back, I will be resilient.
When I meet failure, I will fail forward towards future success.

With vision, hope, and faith,
I will never give up and will always move forward
towards my destiny.

I believe my best days are ahead of me, not behind me.
I believe I'm here for a reason,
and my purpose is greater than my challenges.
I believe that being positive not only makes me better,
it makes everyone around me better.

So today, and every day, I will be positive
and strive to make a positive impact on the world.

The Positive Pledge

I vow to stay positive in the face of _____
When I am surrounded by _____,
I will choose _____.

When I feel _____,
I will choose _____.

When I want to _____,
I will choose _____.

When I want to be _____,
I will choose to _____.

When I experience _____,
I will look for _____.

When I meet _____,
I will _____.

With _____, _____, and _____,
I will never _____.

And always _____.

I believe _____.

I believe _____.

So today and every day, I will _____
_____.