Positive Action.

Introduction

Introduction to *Positive Action.*

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Philosophy

Positive Action is based on the intuitive philosophy that we feel good about ourselves when we do positive actions.

The Thoughts-Actions-Feelings Circle (TAF) illustrates how this works in life: our thoughts lead to actions and those actions lead to feelings about ourselves which in turn lead to more thoughts.

When this cycle is negative, students do not want to learn. When this cycle is positive, students want to learn. The essence of the program is to emphasize those actions that promote a healthy and positive cycle. The Positive Action program works through these concepts in a systematic way.





Positive Action is organized into seven units by grade level.

This sequence allows educators to align an entire school behind Positive Action lessons and concepts. The program starts with helping students identify themselves and understand their Self-Concept. Students learn that self-concept means the way they think and feel about themselves, and that families and friends influence their self-concepts.

Unit 2 : Positive actions for your body and mind



They become aware of their responsibility for the care of their bodies and learn the physical and intellectual aspects of self-concept. They learn that positive people take good care of their bodies and minds; they feel healthy and strong and are excited by new ideas.

Lessons focus on specific positive actions for physical health (nutrition, hygiene, avoiding harmful substances, exercise, sleep, avoiding illness) and positive actions for intellectual health (learning, problem-solving, creative thinking, memory and curiosity).

Unit 3 : Managing yourself responsibly



Students learn to manage their own resources: time, energy, possessions, money, talents, thoughts, actions, and feelings.

Students discover that managing their resources is an important positive action and improves their self-concept.

Lessons will also focus on nine specific feelings: love, anger, worry, jealousy, pride, fear, loneliness, thankfulness, and discouragement.

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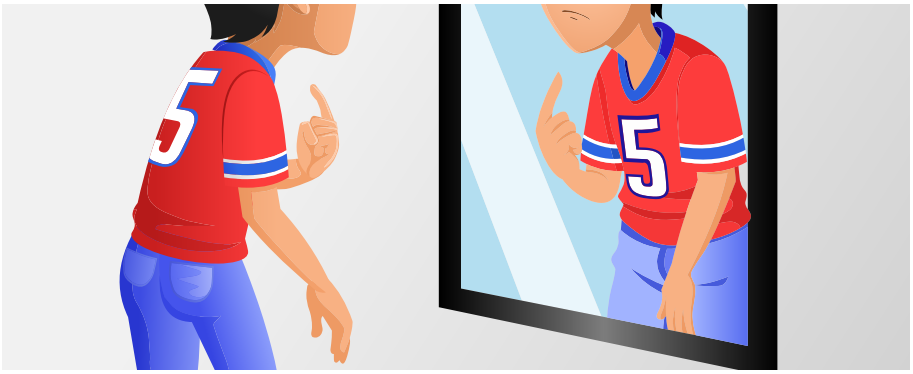
Unit 4 : Treating others the way you like to be treated



The program shifts from introspection to social interactions.

Treat people the way you would like to be treated - that's the key for getting along with others. Students also learn and practice respect, empathy, friendliness, kindness, cooperation, and positiveness as positive ways of dealing with others.

Unit 5 : Telling yourself the truth



Self-honesty means dealing with realities and seeing yourself as you really are.

Self-honesty is difficult. It takes perception and practice. In this unit, students practice telling themselves the truth, knowing themselves, not blaming others, admitting mistakes, not making excuses, and keeping their word.

Unit 6 : Improving Yourself Continually



Self-improvement is a natural follow-up to self-honesty, because individuals who take a realistic look at themselves are better able to determine their personal goals.

In this unit, students learn how to set short-term and long-term goals, and how to make goal setting work. They are taught to believe in their potential, to have courage to try, to turn problems into opportunities, and to work steadily toward improvement.

Unit 7 : Review



This unit reviews the principles learned throughout the year.

It's a chance to recall the positive actions learned, to practice many of them again, to check on the progress of the goals, and to establish new goals.

It's also an excellent time to see all the concepts of Positive Action working together. Students see that the "self" they started with at the beginning of the year has clearly improved, giving them reason to trust in themselves and in their continued growth.

Comprehensive and Integrated



Every grade level features the same seven units.

The scope and sequence enable schools to unify the program message across classrooms and throughout the school. These fundamental concepts form the basis of the program and prepare students for more specialized instruction.

Supplemental kits for specific topics are designed to key off these concepts and offer educators a systematic method for addressing common issues in education. Supplemental kits help educators integrate other important topics into the program such as: School Climate, Substance Use Prevention, Bullying Prevention, Counseling, Family Involvement, Community Involvement

All the Help You Need



From designing a basic implementation to coordinating a district wide rollout, educators can implement with confidence. Program training is available and customized for each customer. Training can be completed on-site, with webinars, or both.

Program consultants are with you every step of the way. They will help you design the implementation, setup training, coordinate product delivery and help you create a successful implementation.

Take the Next Step



Positive Action offers overview webinars that are time-efficient and effective, helping you and your team members get a better understanding of the program.

These short presentations offer you and your team an opportunity to review the program in-depth and ask important questions. Take time to review the rest of the website and when you're ready, schedule a webinar for you and your team.

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