



Go a whole day without complaining.

Art by Unknown, age 11, New York, USA



Get Inspired

Quote

"Be in love with your life. Every minute of it."

Jack Kerouac

Fact

Simple, positive words, such as "peace" and "love," can alter our genes, strengthening areas in our brains and helping it function better.



Shake It Up

1. Go grab 2 cans of soup/vegetables or something of similar weight.
2. Hold each can out in front of you, 1 in each hand.
3. Pretend they are cups of water—half full of course! Bend your elbows as if you were drinking them.
4. Do this 15 times.
"I am optimistic!"



Talk It Out

1. Have you ever had a day when nothing seems to go right? When you complain about what's not going right, does it get any better? What might be a better way to respond instead of complaining?
2. How does it feel to be around someone else that complains a lot? How does it feel to be around someone who is always seeing the bright side of things?
3. How do you want others to feel when they are around you? Do you think your words have the power to make someone else feel better or worse?



Do It!

1. While you're in class all day, use positive words without complaint.
2. Keep it going after school and let everyone in your household know your plans to go the whole day without complaining and using only positive words.
3. Place notes around your house to encourage and remind yourself to use positive words only.
4. For an extra challenge, keep it going for the rest of your life!

Go a whole day without complaining.

SEL Competencies

Self-Management

Impulse Control
Stress Management
Self-Discipline
Self-Motivation

Timeframe

15 - 30 min

Materials Required

2 cans of soup or vegetables
Sticky notes or small slips of paper
Pens, markers or pencils



Get Inspired

Quote

Invite a student to read the quote.

Fact

Simple, positive words, such as "peace" and "love," can alter our genes, strengthening areas in our brains and helping it function better. [Source](#): Psych Central



Shake It Up

Get your students moving. Invite them to do the following activity:

1. Go grab 2 cans of soup/vegetables or something of similar weight.
2. Hold each can out in front of you, 1 in each hand.
3. Pretend they are cups of water -half full of course! Bend your elbows as if you were drinking them.
4. Do this 15 times.
5. When finished, shout, "I am optimistic!"



Talk It Out

Encourage your students to reflect on the provided questions.

1. Have you ever had a day when nothing seems to go right? When you complain about what's not going right, does it get any better? What might be a better way to respond instead of complaining?
2. How does it feel to be around someone else that complains a lot? How does it feel to be around someone who is always seeing the bright side of things?
3. How do you want others to feel when they are around you? Do you think your words have the power to make someone else feel better or worse?



Do It! (as a class + individually)

1. If possible, prior to doing this lesson, have your students find a smooth rock they can decorate.
2. If all students have a smooth rock available, let them create their kindness rock during class.
3. If students do not have a smooth rock, encourage them to find one after school and then decorate it.
4. Have students place their completed kindness rocks somewhere that will surprise the person who finds it.