

Positive Mental Attitude

Month: Feb.

Week #: 22

Day: a. Mon. Time: 30 min.

Don't Worry, Be Happy!

Life Tree Learning Systems ©

Objectives/Aims

The students will: learn that worry can often be a destructive feeling that does not help solve problems; identify strategies for dealing with worry and stress.

Materials

song available at: iTunes, cartoon version at superlaugh.com/1/behappy.htm or the music video at youtube.com/

Illustration

This picture says it all, "Don't worry, be Happy!"



Background

Excessive worry can cause undue anxiety and stress leading to physical ailments such as headaches, constipation, upset stomachs and even ulcers and heart attacks. Learning how to constructively solve problems can reduce worry and the associated stress. However, there are certain aspects of life that we simply have no control over (e.g. a meteor falling on our head). In these instances we need to learn to simply 'let go' and be happy. This is sometimes easier said than done. :)

Background

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Group Activity

1. Listen to the song, inviting the students to sing along.

**ARTIST: Bobby McFerrin
TITLE: Don't Worry, Be Happy**

Here's a little song I wrote
You might want to sing it note for note
Don't worry, be happy
In every life we have some trouble
When you worry you make it double
Don't worry, be happy
Don't worry, be happy now

{Refrain}

Oo, oo-oo-oo, oo-oo-oo, oo-oo-oo-oo-oo-oo
Don't worry
Oo-oo-oo-oo-oo-oo-oo
Be happy
Oo-oo-oo-oo-oo
Don't worry, be happy

{Refrain}

Ain't got no place to lay your head
Somebody came and took your bed
Don't worry, be happy
The landlord say your rent is late
He may have to litigate
Don't worry, be happy
Look at me, I'm happy
{Refrain}
Give you my phone number
When you worry, call me, I make you happy

{Refrain}

Ain't got no cash, ain't got no style
Ain't got no gal to make you smile
But don't worry, be happy
'Cause when you worry, your face will frown
And that will bring everybody down
So don't worry, be happy
Don't worry, be happy now

{Refrain}

{Refrain}

Now there, is this song I wrote
I hope you learned it note for note
Like good little children
Don't worry, be happy
Listen to what I say
In your life expect some trouble
When you worry you make it double
Don't worry, be happy, be happy now

{Refrain, repeat, ad lib.}

Group Discussion Questions

1. Read through each stanza and then ask, "What is Bobby McFerrin teaching us in this stanza?"
A: Refer to lyrics above.
2. What is worry?
A: Dwelling on a difficulty or trouble in a fearful or anxious way.

Group Discussion Questions (continued)

3. Do we choose to worry?

A: Yes, we worry because we choose to think negative thoughts.

Worry never robs tomorrow of its sorrow, it only saps today of its joy.

Leo Buscaglia

4. Does worry help you to solve your problems?

A: No, it gets in the way of solving problems, probably better characterized as “life’s challenges”, because worrying presumes that there will be a negative outcome. Such negative thinking prevents us from creatively imagining and seeking possible solutions. In other words, if you believe things are going to turn out badly in the end, why even bother trying?

5. What can you do when you start to worry about something?

A: Sing this song, do something constructive about the problem, think of something else, call a friend, etc.

Variations/Extensions

1. Have the students write some of their own lyrics for the song.

Conclusion

Say, “Remember: In your life expect some trouble. When you worry you make it double. Don’t worry, be happy now!”

Feb. 22 a. Mon.

Positive Mental Attitude: Don't Worry, Be Happy!



This picture says it all, “Don’t worry, be happy!”

Positive Mental Attitude

(date)

Objectives/Aims

By the end of this unit, your child will learn that worry can often be a destructive feeling that does not help solve problems and they will also learn to identify strategies for dealing with worry and stress.

Background Information for Parents

Excessive worry can cause undue anxiety and stress leading to physical ailments such as headaches, constipation, upset stomachs and even ulcers and heart attacks. Learning how to constructively solve problems can reduce worry and the associated stress. However, there are certain aspects of life that we simply have no control over (e.g. an asteroid falling on our head). In these instances we need to learn to simply 'let go' and be happy. This is sometimes easier said than done. :)



Illustration

Is your glass half empty or half full?

Day 1

1. Put on the following play for your parents, brothers or sisters, cats and dogs or the like. (Or you can use them as your 'people puppets') You don't have to use the exact words and can make up your own words. Mark out a stage area using rulers, rope, shoes or the like and then perform the play following the steps below:

- A. Place an empty glass in front of your audience. Pour the glass half full of water. Place the pitcher two or three yards away from the glass, but still in clear view, and then go off stage.
 - B. Return to the circle in an agitated state, pick up the glass of water and exclaim in an exaggerated manner, "Oh no! The glass is half empty! I'm going to run out of water! Woe is me! I'm so thirsty I could die!" Put the glass down without drinking any and slowly crawl out of the circle as you die of thirst. (You don't really have to die unless you feel so inclined! :)
 - C. Return again to the circle this time in a very calm manner and state, "I see that the glass is half full. I'm thirsty." Slowly drink the water and then smack your lips saying, "Boy, did that hit the spot!" Examine the glass and say, "It looks like I need to refill the glass." Go get the pitcher and calmly fill the glass to the brim. Return to your place with a smile on your face.
2. Discuss with your audience or actors what this play means. Are they optimistic about life and see the glass as half full or pessimistic and see the glass as half empty? P.I. _____

Day 2

1. The two girls in the picture at right are actually twins, although one likes pigtails and the other likes her hair short. So, in many ways, they are alike in many ways and yet the one girl is happy and the other is sad. Why do you think that is?



Day 3

1. Read the following story to your parents and discuss with them what you think it means.

BANK ACCOUNT!!!

A 92-year-old, petite, well-poised and proud man who is fully dressed each morning by eight o'clock with his hair fashionably combed and shaved perfectly even though he is legally blind, moved to a nursing home today.

His wife of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready.

As he maneuvered his walker to the elevator, I provided a visual description of his tiny room, including the eyelet sheets that had been hung on his window.

"I love it," he stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

"Mr. Jones, you haven't seen the room; just wait."

"That doesn't have anything to do with it," he replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged ... it's how I arrange my mind. I already decided to love it."

"It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away... just for this time in my life."

"Old age is like a bank account. You withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories! Thank you for your part in filling my Memory Bank. I am still depositing."

Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

P.I. _____

Source: Author unknown. Please forward to me if you find out!