

## Positive Mental Attitude

Month: Feb.

Week #: 22

Day: d. Thur. Time: 20 min.

# Make a Golden Day!

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### Objectives/Aims

The students will: recognize that they have can make a conscious choice to 'make a golden day' and, ultimately, a joy filled life.

### Materials

none

### Illustration

This joyful girl's name is Kym. Her slogan in life is, "Make a golden day!" It looks like it worked.



### Background

This activity is dedicated to Kym Kamstra, who was a friend of mine that I (the author) met at a high school church camp called 'Probe.' Not too long after that, she died tragically in an auto accident. However, it is not because of the tragedy of her death that I remember her, but because of the joy with which she lived her life. I can't remember if it was she that coined the phrase, "Make a golden day!" or if it was another camper, but it certainly personifies what her life was all about. Her smile and her

actions reflected an attitude of joy. It was both a pleasure and a privilege to have known her.

### Group Activity

1. Go around the circle and say to each student, "Have a good day!" After saying this to four or five students ask, "By a show of hands, how many of you have heard this greeting before? A: *Probably all.* Who can tell me what it means? A: *It means somebody is hoping, or wishing that you'll have a nice day.*

2. Continue going around the circle, only this time say, "Make a good day!" After you say this to each student, ask them, "What is one way you make today a good day?" A: *Answers will vary from student to student.*

After four or five students ask, "So what is the difference between 'having' a good day and 'making' a good day? A: *'Having' is where the person is kind of like sitting around waiting for good things to fall into their lap, or for good things to happen to them, which may or may not happen. 'Making' is where the person is proactive, making good things happen, even in spite of sometimes difficult circumstances.*

3. Continue around the circle, but this time say, "Make a golden day!" (Emphasis the word 'golden'). After you say this to each student say, "How could you make not just a good day, but a golden day? A: *Answers will vary from student to student.*

After four or five students ask, "So what is the difference between a 'good' day and a 'golden' day? A: *A good day is really nice, but a golden day is extra special.*

### **Group Activity (continued)**

4. After you've been around to all of the students, read the background information. While reading it, change it to the third person.

### **Group Discussion Questions**

1. What do you admire about Kym?

A: The way she lived her life; her positive attitude, etc.

2. What is most important about Kym, how she lived her life or how she died?

A: How she lived her life.

3. What is the difference between 'having a good day,' 'making a good day' or 'making a golden day?'

A: Extract from the lesson.

3. What can you do to make a golden day at school today?

A: Work hard and do your best work, smile, help others, think good thoughts, etc.

### **Variations/Extensions**

#### **Conclusion**

Say, "We all have only one life to live. Each day of that life, we can intentionally choose to 'make a golden day,' a day like no other, a truly special day. So before this day becomes just another day in your past, before it becomes 'history,' try your best to 'Make it a golden day!'"

Feb. 22 d. Thur.

**Positive Mental Attitude: Make a Golden Day!**



**This joyful girl's name is Kym.  
Her slogan in life is, "Make a golden day!"  
It looks like it worked.**