



What is attitude?

Think about the word **attitude**.

We hear people say, “They’ve got a good attitude” all the time. What do you think of when you hear that? What’s that person like?

What about hearing, “They’ve got a bad attitude?” Does it change how you think about this person?



Attitude is how you show your thoughts or feelings through your words and actions.

Attitude is more complicated than "good attitude" or "bad attitude." Our attitudes change, depending on where we are, what we’re doing, and who we’re with. Our attitude can change with our mood and feelings, too! No one has the same attitude all the time.



Let’s talk about it

- What does attitude mean to you?
- Does it mean something different at home than at work, or in the community?
- What’s the best thing about a good attitude? In yourself, and in the people you know?
- Why can it be hard to have a good attitude?

A place for your notes:
