

# 3

## Think Positively about Good Health

### TRANSITION OBJECTIVE

Students will learn that positive thinking can influence their good health.

### RELEVANCE TO SUCCESSFUL TRANSITION

Staying healthy depends on our actions as well as our attitude. Taking care of our physical body and our mind are both important in maintaining good health.

## INSTRUCTIONAL SEQUENCE

### ❑ STEP 1: Update Journal

I am a positive thinker when . . .

### ❑ STEP 2: Convene Roundtable

"When I am healthy, I feel \_\_\_\_."

### ❑ STEP 3: Advance Organizer

"You will learn that your thoughts are just as important to good health as your physical condition."

### ❑ STEP 4: Activity - 15 Minutes

Using the first part of **Positive Thinking** have students work with a partner to discuss one quote and then share the meaning with the class.

19



LIFE MANAGEMENT: Unit 1

LESSON 3

Positive Thinking

"A merry heart doth good like a medicine." Proverbs, 17:22

"He who laughs, lasts." Aesop's Fables

"Believe that you have it and you have it." Deidre

"You are what you think." Unknown

"You'll see it when you believe it." Wayne Dyer

Live in Harmony

Some people believe our minds and bodies live in harmony. For example, think of your mind as the captain of the ship and your body as the ship. Your mind, the captain, is in charge of keeping your body, the ship, healthy. If a part of your body becomes ill, your mind can do two things: either think positively or negatively. If you get sick, it would be like a part of the ship is leaking. As the captain, your mind would need to lead the crew to work together to fix the leak. The crew would then have to bail the excess water. If the captain became afraid, the crew would panic. What would happen to the ship? If the captain stayed calm, what would happen to the ship?

Some people believe that thinking positively about your body is the best way to stay well. For example, some people need heart transplants. Doctors will operate only on people who have a positive attitude about themselves. They believe that positive people will recover better and faster than those who have a negative attitude.

What will you do to stay healthy?

How can positive thinking affect your health?

What can you say to yourself to stay healthy?

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THE TRANSITIONS CURRICULUM

### ❑ STEP 5: Activity - 30 Minutes

Explain that staying healthy depends on *what we do* and also *what we think* about ourselves. Ask students if they have heard stories of people who have been cured of a serious disease. In some cases, these people have said that it was their positive thinking that cured them. They believed they would get well and these positive thoughts affected their body. With their partners, have students discuss whether they think this is possible and why.

Have students read the second section of **Positive Thinking**, *Live in Harmony*. Students work in pairs to answer the questions, then quickly share one answer with the class. Next, ask them to imagine they are starting to get sick. Say, "Imagine you sneezed several times and you feel tired. You aren't coughing yet, but your throat feels a little scratchy." Have students work with a partner to think of two positive things they could say to themselves to reduce the chance of getting sick. After five minutes, ask for volunteers to share their statements. Ask the students, "How did it feel to use your mind as a way to help prevent illness? Do you think this will work for you? Thumbs up for yes, down for no. Are you willing to try it? Thumbs up for yes, down for no." Explain that positive thinking has been shown to play a part in mental and physical health. Write the following statement on the board and end this session by having the students read it together as a group: "Being

healthy is a choice. The choice is yours; how will you think?"

❑ **STEP 6: Evaluate Outcomes**

I believe positive thinking could make my health "\_\_\_\_\_."

❑ **STEP 7: Connecting Activity**

Ask students to develop one positive statement about feeling healthy and say it to themselves 10 times before the next class.

Go to the Internet to find a book on positive thinking and bring the title and author to share.

## KEY WORDS

wellness

harmony

disease

strong

affirmation

### MATERIALS AND PREPARATION

- Student Handout: **Positive Thinking**, page 19.
- Prepare to discuss the quotes.
- Prepare to discuss positive thinking.

### SCANS FOUNDATION SKILLS

- Basic Academic Skills: Reading, Listening, Speaking
- Thinking Skills: Decision Making, Reasoning
- Personal Qualities: Responsibility, Self-Esteem, Self-Management