



August 2008

Character Council Educator Quality of the Month Joyfulness

Joyfulness: **Maintaining a Good Attitude, even when faced with unpleasant conditions.**

I will:

- Look for good in all things
- Smile at adversity
- Not give in to discouragement
- Not allow my emotions to rule my mind
- Take time out of every day to laugh and to sing

Being happy is not the same as being joyful. Happiness is a natural response to a pleasant situation. Joyfulness is maintaining that good attitude when the situation becomes difficult. This month look for ways to develop a positive, joyful attitude.

☺ **Find a Quote** This month, give your students some character homework. Have them look for a quote that has a positive attitude or a joyful message. A few are listed below. Have each student write out their quote on a piece of paper and decorate it. If appropriate, tape these to the front of their desks, on their lockers or post them somewhere in the classroom as reminders to keep a positive outlook. An alternate way of doing this exercise is to have the students find as many positive and encouraging sayings as possible. Write them all on slips of paper and put them in a jar decorated with smiles. Start each day by pulling a saying and reading it to the class. Read it several times during the day for reinforcement or write it on a corner of the blackboard. Some examples are below.



- ☺ A positive person looks at their obstacles as stepping stones to their success. *Benjamin Franklin*
- ☺ We are all disappointed when we fail, but we are doomed if we don't keep trying. It's the trying that creates a positive attitude. *Beverly Sills, Opera star*
- ☺ Whether you think you can, or think you can't, you are right. *Goethe*
- ☺ Your "I will" is more important than your "I.Q." *Thomas Jefferson*
- ☺ Success is measured not so much by the position that one has reached in life as by the obstacles one has overcome while trying to succeed. *Booker T. Washington*
- ☺ Our happiness or misery depends on our attitudes and not on our circumstances. *Martha Washington*
- ☺ Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence. *Helen Keller*

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