

## **THE ATTITUDE SHIFT**

### **Video Clip:**

**FREAKY FRIDAY** – Show two segments of the modern version of “**Freaky Friday**”.

**Ask:** How many students have seen this Movie? – *this will help facilitate the discussion.*  
Allow students to offer a synopsis of the movie to get those who haven’t seen the movie familiar with it...

### **FREAKY FRIDAY - Worksheet:**

#### **Questions Clip #1:**

**Have students write down the first set of questions before the clip**

What is the major change that this family is dealing with?

What are the stresses/conflicts that are happening because of this change?

Describe Anna’s attitude. Describe her mother’s attitude.

If Anna had the same attitude at job, how would people respond to her?

#### **Questions Clip #2:**

**Have students write down second set of questions before the second clip**

What happened at the end of the movie that allowed them to understand each other?

How did changing places help them to see each other’s perspective?

We can’t switch places literally with people, but how could seeing things from the other person’s perspective help improve the situation?

Describe Anna’s new attitude. Describe her mother’s new attitude.

Why is it important in a family to have a good attitude

Why is important in a work setting, to have a good attitude?

What does it mean to have enthusiasm?

#### **Discuss the following:**

In this movie, the mother and daughter have the opportunity to switch places and they get to see what it’s like to live in the other person’s life. This helps build their relationship because it helps them understand where the other person is coming from. In real life, we don’t get to do this, but trying to see things from other’s perspective can be very helpful in dealing with problems and with changes.

### **ATTITUDE PROBLEM SCENARIO:**

#### **Group Activity:**

Students will work in a group to come up with ten attitude problems in the scenario.

Together, they will come up with ideas of how the character in the scenario could have had a better attitude and qualified to get a raise at his job. RECORD ANSWERS ON THE WORKSHEET.

### **ATTITUDE & ENTHUSIASM – PROBLEM:**

Each group will be assigned a problem. Group members will work together to answer questions and come up with ideas on how to solve the problem using a better attitude and enthusiasm.

#### **Tell the students:**

Discussion is a very important part of this assignment. It is different than some other subjects where there is one right answer and you have to figure it out yourself. In this area, there can be many right answers. The discussion will help you explore other people’s ideas that are different from your own.

#### **Assignment:**

Students will work together to discuss problem they are assigned, in the “**Attitude & Enthusiasm**” packet and record the answers they come up with in the packet.

#### **Group Report:**

Students will create a role play to solve the assigned problem. In the role-play they will be required to solve the problem, and illustrate they things they discussed in their group.