

Giving kids skills FOR LIFE

Positive Spin

"Positive Spin" is all about being able to see the positive side of a negative situation. It might not be easy at first but if we can be aware that we're getting upset, we can do something POSITIVE about it. And the more we practice "Positive Spin" the easier it gets.

We all get frustrated, upset or angry on a regular basis and that's totally normal. These emotions are completely natural. What we DO with these emotions is what's important.

Step Back and Reset -

Sometimes we get upset and before we even realize it, we've done something with our anger that gets us in trouble or even hurts someone else.

The reason this happens is because when we get upset we REACT. Sometimes we react before we THINK about what we're doing and that's when we do things we regret later. One way of dealing with our frustration and anger is by "stepping back and resetting". Here's how to do it . . .

As soon as we feel ourselves getting angry we can take a **big step backwards**.

Doing this is good because not only do we distance ourselves from what is agitating us but as we're stepping back we're NOT doing the thing that would normally get us in trouble. All the damage is usually done in a matter of seconds and so while we're stepping back we have time to get ourselves under control.

Stepping back doesn't actually stop us from being upset, though. Putting a spin on our emotions requires us to try and snap out of our frustrations by thinking or doing something that is light-hearted or even funny. This is where the "reset button" comes in . . .

After we've taken our big step backwards it's time to try to snap out of our frustration.

One way of doing this is by pushing our belly button. I like to call it our very own, built-in "reset button". Just like a video game console, when we push the reset button we get another chance to do something we might have failed to do before.

It's hard to stay angry after we've pushed our own reset button! After all, most of the things we get upset about aren't major problems. They're little things like dropping your cookie on the floor, etc. If you're having a hard time snapping out of your frustration after you push your "reset button", it might be helpful to talk to an adult or someone you trust.

Pushing your "reset button" is kinda silly but that's the point! And speaking of "points" . . .

After we've stepped back and pushed our reset button there's really only one thing left to do - enjoy an Ooch Point and say, "Awwww yeah!" because we've done something positive with our anger and that's a special occasion!!

“When you feel upset, step back and reset!”

The Power of Perspective -

One of the reasons we sometimes get upset is because someone else has a **different** opinion than ours. They sometimes see things differently than we do. When this happens, feelings can get hurt and we can become frustrated. This is why it's important to understand what “Perspective” means.

Perspective is our own, personal way of seeing and experiencing things.

What's important to remember is that EVERYONE'S way of seeing and experiencing things is equally important. This is because there is no ONE WAY of seeing anything! Each person's way of seeing things is important to them and completely valid!

If I stand on the ground in front of a tree and look directly at it, what I see will be slightly different than what the bird sees as it flies overhead. I'll see the trunk, the bark and some branches as I look upward. The bird sees the leaves and branches as it looks downward. We're both looking at the same tree but from *different perspectives*.

It's possible to look at the same object or situation and have a different experience than someone else. It's totally normal and our perspective is what makes us unique.

The Positive Spin logo is a good example of perspective -

Upon first glance, it's relatively easy to see the black letter “S” hidden in the logo. (That “S” stands for “spin”.)

It's not as easy to spot the white “plus sign” hidden behind the letter “S”. The “plus sign” represents being “positive”. Put them together and you get “Positive Spin”.

What is INTERESTING is that the white shapes can look like a lot of different things to different people! Some people see musical notes while others see toilets! What do you see?? Whatever it is, it's totally valid as it's the way YOU see things. That's an example of YOUR perspective!



Being able to look at something from more than one perspective is very important. If we can do that, we can start finding the positive in negative situations. And when we can do that, we're well on our way!

Remember, when you feel yourself getting angry take a **BIG STEP BACKWARDS**. Once you've stepped back, push your "reset button" to remind yourself that you are in control.

Celebrate being positive with an Ooch Point and an "Awwww yeah!"

A handwritten signature in black ink that reads "ooch" followed by a long, sweeping horizontal flourish that extends to the right.

How to Make a Mistake

The "How to Make a Mistake" show is about becoming good mistake-makers by learning that **admitting** your mistake as soon as it happens is always best.

If you find yourself in front of your classmates and make a mistake that causes you to feel embarrassed, double tap your heart. This tells the teacher and the class that you acknowledge your mistake even though you might feel a little silly. Your class can then silently respond by using the Ooch point and a double head nod that tells you that it's all good and that they understand. After all, **EVERYONE makes mistakes and mistakes are okay.**

Sometimes mistakes are bigger and require more from us. Here's what you do when you make a mistake that requires some cleaning up -

Admit it ("My mistake", double tap your chest over your heart)

Own it (Point to yourself)

Fix it (which has two steps)

Apologize (Wax on)

Clean it up (Wax off)

Forgive yourself (Hug yourself)

Learn from it (Point to your brain).

When we make a mistake it always ends up better for us if we **admit it RIGHT AWAY** by saying, "My mistake". Putting it off, lying or blaming someone else will make it worse. Admitting it right away doesn't mean that we will not be embarrassed or get in trouble but it does mean that the damage (if any) will be minimal.


Owning it means that we fully accept responsibility for our mistake. It means that we don't make excuses or blame someone else.

Cleaning it up is a two-step process -

1. The first step is to apologize (and really mean it.) Sometimes our mistakes require an apology and if we aren't sincere with our apology it does no good.
2. The second step is to ask how to fix the mistake and then do it. Often times there is something we can do to make it better. Sometimes there isn't but by asking we are letting others know that we are willing to clean it up.

To **forgive yourself** means that we don't continue to feel bad about the mistake. If we admitted it, owned it and cleaned it up then we have done all we can and can move forward. Sometimes we hold on to our embarrassment or shame and continue to punish ourselves long after the mistake has been made. It's important to remember that EVERYONE makes mistakes and that mistakes are NORMAL and OKAY.

To **learn from our mistakes** is of the utmost importance because if we truly we learn from our mistakes then we don't repeat those mistakes. When we learn from our mistakes then we don't repeat those mistakes. When we learn, we become better versions of ourselves!

A stylized, handwritten signature or mark in black ink, consisting of a series of loops and a long horizontal stroke extending to the right.

The Collection

The “Collection” is a show that focuses on the joys of having collections and the variety that makes our collections fun and interesting.

Yes, we collect THINGS. I have a collection of over 1,000 yo-yos and I’m sure you have some great collections of your own. Maybe your collections are big and maybe they are small. Either way, our collections bring us joy.

BUT we don’t just collect THINGS. We also have collections of FRIENDS! Just like our collection of things, our friend collection brings us joy, too.

I’ve noticed that my “friend collection” is very similar to my “yo-yo collection”. Here’s how:

First off, all of my friends are different from one another, just like the yo-yos in my collection. I’ve got a couple of friends that are smaller than me and I’ve got a couple of tiny yo-yos. I’ve got some friends that are bigger than me and I’ve got some oversized yo-yos. I’ve got a flashy friend and I’ve got a few flashy yo-yos. I’ve got some very ordinary friends and I’ve got some very ordinary yo-yos. I’ve got some yo-yos that are complicated to use and I’ve got some friends that can be difficult at times, too.

But here’s the thing I’d like you to KNOW:

PEOPLE ARE LIKE YO-YOS - YOU WON’T KNOW IF THEY’RE RIGHT FOR YOU UNTIL YOU TAKE THEM FOR A SPIN!

Every yo-yo in my collection has it’s own “look”. Some are sleek, some are clunky, some light up and some look ordinary. BUT, I can’t simply look at a yo-yo and know how it’s gonna “play”. I have to pick it up, attach it to my finger and give it a throw. ONLY THEN will I know if the yo-yo is a match for me.

Sometimes a really cool looking yo-yo doesn’t have the feel and “play” that’s right for me and that’s okay. I don’t have to add it to my collection. And sometimes an odd-looking yo-yo that I never would have considered trying feels and “plays” perfect for me and gets added to my collection.

The point is - YOU HAVE TO TRY IT OUT TO KNOW IF IT’S RIGHT FOR YOU. If you try it out and it’s not a match, at least you tried and now you know.

It’s the SAME with people!!! Sometimes we judge people by what they look like and forget to try them out. This can be a big mistake because when we don’t try them out, we’ll never know if they’re a good fit for us.

So I say, “You’ll never know how awesome someone is until you take them for a spin”!

You don’t have to add EVERYONE to your friend collection but it’s a good idea to try new people out. ESPECIALLY the ones you wouldn’t have considered because of how they might look. Those can be some of the coolest and best friends you’ll ever find.

So the next time you see someone by themselves at school or on the playground looking alone or left out, try taking them for a spin. Remember the "Ooch move" from the show? "Hey you! Come here! HANG, WITH, ME!"

You never know. You might just find your new best friend!!

A handwritten word in black ink, appearing to be "ooch". The letters are stylized and connected, with a long horizontal stroke extending from the end of the word.

Losing Like A Winner

The "Losing Like a Winner" show gives helpful tips in dealing with losing.

There are 3 reasons why we lose:

1. **We didn't do our best or try our hardest.**
2. **Bad luck or a bad call.**
3. **Our skills just aren't as good as our opponent's.**

And that's IT.

It's important to remember that when we lose we're not "losers".

When we lose, it simply MEANS that we lost. And that's it. Nothing more. Nothing less. If we make it mean anything else, it's a story that we made up.

Sometimes we REALLY struggle with losing. That's okay because there is a part of us that is programmed to be upset when we lose. After all, our distant, distant relative, the caveman REALLY had to worry about losing because if he "lost", often times it would mean that he didn't eat or even became a meal himself! Yikes. So when we lose and get upset, it's our "inner caveman's" survival instinct kicking in. Feel free to blame your frustration on your "inner caveman" but always remember to send him back to the cave.

In order to LOSE like a WINNER, we need to learn how to WIN the LOSS.

Here's how:

When we lose -

1. **Don't throw a fit.** No one wants to play with the Caveman. Send home back to the cave.
2. **ALWAYS find something nice to say** to the person who won (no matter how hard it is).
3. **LET IT GO.** You'll have other chances to win another time.
4. If you're still having a hard time with the loss, **SHAKE IT OFF.** Shake off the bad energy with the move. (Bash one arm off, then the other and then give them both a good, hard shake.)

BEFORE you chose to play a game with someone else, try to be aware of the following:

1. **Be ready to win OR lose.** Don't let the loss surprise you.
2. **If you're not willing to lose, don't play.**
3. **Remember what losing actually means . . .** That you lost and that's IT. Nothing more, nothing less.

Your job when you LOSE:

Win the loss by saying something nice and then LET IT GO.

Try to remember that when you "L.O.S.E." you are **Leaving Others Some Enjoyment**

Your job when you WIN:

Win like a winner - it's your job to remember that it doesn't feel good to lose. Say something nice and LET IT GO for good. No one likes being constantly reminded that they lost. It can make them feel bad and not want to play you again.

If you can remember these things and give them a try, you'll be well on your way to losing like a winner!

A handwritten signature in black ink, consisting of the letters 'oact' followed by a long horizontal stroke that extends to the right.

Secrets to Being Social

Social skills according to Ooch are -

"SKILLS we have that makes COMMUNICATING and INTERACTING with others COMFORTABLE. (Not awkward.)

Social skills can be broken down into 3 categories:

TALKING, LISTENING & INTERACTING

Within each category there are 3 tips and techniques that will bring your social skills to the next level!

TALKING

1. Use "thank you" rather than "thanks".

For some crazy reason, people respond so much better to "thank you".

2. Answer questions with MORE than 1 word.

If someone asks how your day was, instead of saying, "good" (and that's it), you can say something like, "My day was pretty good!" or "I had so much fun in gym class today."

3. Flip the script - Ask a question!

When you're talking to someone and they ask a question, you can answer (with more than 1 word) and then ask THEM a question.

LISTENING

1. Listen with your eyes.

When someone is talking to you, try to look them directly in the eyeballs. When you look someone in their eyes when they are communicating with you, it tells them that you are listening.

2. Listen with your mouth.

Nobody wants to talk to a wall, so if you're standing there with no expression when someone is talking to you, they'll feel uncomfortable. Feel free to smile and nod from time to time when someone's talking to you. This tells them that you're listening to them.

3. Don't interrupt.

Although it's hard to do it, try to let other people finish what they were saying before you start talking. When you talk before they finish, it can be uncomfortable and tells them that you're not really listening.

INTERACTING (BEHAVING)

1. Hula-hoop rule.

When you are communicating with other people it's good to give them some personal space. Try imagining that they are hula-hooping while talking to you. If you're too close, you will bump into their hula-hoop and it will fall. Nobody likes their space being invaded. It makes people uncomfortable.

2. Thumb-pits

When you shake hands with someone, make sure that your "thumb-pit" docks with their "thumb-pit" before you close your hand on theirs. This way you don't accidentally grab just their fingers which can be awkward.

3. Jog across the street

When crossing the street after someone in their car stops for you, try giving them a smile, nod and wave and then jog across the street. This tells them that you're thankful that they stopped and that you're making an effort to get across fast so they can get on their way. (This can be a game changer because when just one kid does this, the driver starts to feel good about all kids!!!!)

A handwritten signature or scribble in black ink, consisting of a series of loops and a long horizontal stroke extending to the right.

SuperPOWER

The SuperPOWER show is about staying confident in the face of bullying by always being aware of what makes you SUPER (your talents & traits, or as Ooch calls them -SuperPOWERS).

A "superPOWER" is a talent (skill) or trait (special personality quality) you have that makes you feel super. A superPOWER can be a talent or trait that you were born with and when you use it, makes you feel SUPER. This is because when you use your SuperPOWERS it causes people to ask with a smile, "How do you do that?" And when you answer, the answer usually is, "I don't know. . . I just do it."



SP is also about learning the difference between actual bullying and random meanness. Sometimes people can be mean but even though it hurts, if it's random, it's not bullying. Bullying happens repeatedly over a period of time even after the person being bullied asks for it to stop. Bullying equals danger and must be reported to an adult you trust.

Definition of bullying according to Ooch - "Repeated oppression (keeping someone down) or cruelty (meanness), psychologically (feelings) or physically (body), of a less powerful person by a more powerful (forceful) person or group of people. "

The SuperPOWER show looks at what to do when you you're getting bullied:

1. Look confident. (Bring your shoulders up and make eye contact)
2. Say, "Stop. This feels like bullying."
3. If it isn't someone being randomly mean or horsing around and actually IS bullying, then WALK AWAY.
4. Report it to an adult you trust.

One way to get rid of bullying is called the "POWER of the BYSTANDER." This means that if you are witnessing an act of bullying with other people around you (bystanders) also witnessing it, then each person has the power to report it. The more bystanders that report the act of bullying, the better! If everyone reports bullying when they see it, the bully doesn't stand a chance.

A handwritten signature in black ink that reads "Ooch". The signature is stylized and slanted to the right.

All Kinds of Kindness

Ooch's Daily Rule of Kindness is:

"SAY something nice, DO something nice, BE something nice."

If you like something about someone, tell them. It makes them feel good and makes you feel good.

If you see an opportunity to help someone out, go for it! They'll appreciate it and you'll feel good for doing it.

Even if you're upset it's still possible to be KIND. If you lose at a game or don't want to do a chore, you can still be nice even though you're unhappy. If it's a game you lost, you can tell the person that they did a good job (even if you're a little bummed out for losing). If it's a chore you DON'T want to do, you can tell your family YOU STILL LOVE THEM but aren't happy about the task at hand. ;)

Remember, being KIND is as easy as being the first person to smile! Be the "smile" that "causes the smile".

The Triangle of Kindness

As there are 3 corners to a triangle there are 3 parts to the "triangle of kindness".

1. **Random Acts of Kindness**
2. **Pay it Forward**
3. **The Secret of Kindness**

The Random Acts of Kindness

Random acts of kindness are unexpected moments of kindness that happen out of NOWHERE! Yes, holding a door or saying something nice is always good but a RANDOM act of kindness is when a good deed is done by surprise! Some examples of this would be:

Cleaning your room randomly!
Doing the family laundry randomly!
Cooking a meal for your family . . . RANDOMLY!

It's fun to think of new and fun ways to give the gift of "kindness" in an unexpected way!

Pay it Forward

Paying it forward is when an act of kindness is handed off from person to person to person, etc. If you do something nice for someone and they ask how they can repay you, you can ask them to “pay it forward”. When someone pays it forward, they are taking a good deed that was done for them and then doing another good deed for someone else and so on . . . The idea behind paying it forward is to keep kindness and good deeds moving from person to person throughout the world! It’s kind of like the “snowball effect”, where a small ball of snow is rolled and keeps collecting more and more snow as it rolls, making it bigger and bigger!

The Secret of Kindness

We are all so used to getting rewards for doing things. We do our chores to get money. We eat our dinner to get dessert. We study hard to get good grades. There’s nothing wrong with wanting to be rewarded for hard work or effort. Everyone loves rewards. Rewards are fun!

What ends up happening, though, is that we sometimes EXPECT to be rewarded without even realizing that it’s happening.

If you open the door for someone and they don’t say “thank you”, we can unexpectedly become a little upset. The reason this happens is because, without even knowing it, we were expecting the REWARD of a “THANK YOU”. When that reward doesn’t happen it can leave us feeling disappointed.

The secret of kindness is - **Kindness is meant to be given for FREE! (No reward necessary.)**

When we start doing acts of kindness with expecting a reward, the true power of kindness is unlocked! The most powerful acts of kindness are the ones done for the sake of kindness!

A handwritten signature or mark in black ink, consisting of a stylized 'o' followed by a series of loops and a long horizontal stroke extending to the right.