



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 in black ink that reads "ooch". The letters are connected and have a casual, cursive feel. The "o" is a simple circle, the "o" is a similar circle, the "c" is a simple curve, and the "h" is a simple vertical stroke with a horizontal crossbar.

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.