

The Experience

Giving kids skills **FOR LIFE**

"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". The letters are stylized and connected, with a long horizontal stroke extending from the end of the word.