

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.

The key concept in this program is **PERSPECTIVE**.

"Perspective" is our own, personal way of seeing and experiencing things. It is also the opinion we form based on how we experience something. We experience things in many ways such as sight, sound, touch and emotions.

Because everyone is unique, each person has their own way of experiencing a shared situation.

There are many, many examples of this but a good example is playing a game. In a game, someone wins and someone loses. The winner is excited and happy and may have thought the game was really fun, while the person who lost might be sad or frustrated and think the game wasn't fun. They BOTH played the SAME game but each person's experience or PERSPECTIVE was different.

There is no RIGHT or WRONG in perspectives.

The important thing to remember is that BOTH experiences are equally real and equally matter! It's easy to think that OUR perspective is the "RIGHT perspective" but we should keep in mind that other people have their own perspective and opinions and that those are right for THEM.

We all have the power to try to look at something from another person's point-of-view or perspective. The next time you get frustrated because someone disagrees with you or sees something differently than you, it's a good opportunity to put a spin on your perspective and try taking a look from theirs.

The key technique is **STEP BACK & RESET**.

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. 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 to "step back and reset" -

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 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 manage 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 manage 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! It's 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!”

Another good thing to remember is that **BREATHING** can also help when you feel frustrated or angry.

After you feel yourself getting angry, take a **BIG STEP BACKWARDS** and **BREATHE**. Try one of the breathing exercises we learned. Sometimes it helps calm us down.

Then, if you wanna push your "reset button" to remind yourself that you are in control, go for it! Celebrate being positive with an Ooch Point and an "Awwww yeah!"

It's not always easy to be **POSITIVE** in **NEGATIVE** situations but with practice you can put a "positive spin" on anything.

I believe in you. You can do it.

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