



# Optimistic Thinking

## The Three A's

### Pre-Teaching/ Guiding Language:

In our everyday life there are things that we love doing and things that we must do. We might love to come home from school or work and plop onto the couch to watch TV, however we must get our homework done first, or cook dinner or clean our rooms. However, even in the most unfavorable situations or during our least favorite chores, there is always something to learn. The Three A's can be a helpful guide to seeking out these teachable moments and maybe even making them easier the next time around.

The Three As:

1. **Appreciate:** What is something you can appreciate from this moment or situation?
2. **Apologize:** What is something you might need to say you're sorry for?
3. **AHA!:** What is something new or exciting you learned?

This strategy reinforces the skills taught in the high school student-directed strategy

***Triple A.***

### Key Takeaways:

- Students will gain a deeper understanding of self-reflection.
- Students will increase their ability to recall diverse types of memories.
- Students will increase their ability to reflect and have tough conversations after a challenging task.
- Students will increase awareness of learning moments.
- Students will recognize moments of gratitude.

### Duration + Materials:

- 10 Minutes

### Key Vocabulary:

- **Appreciation-** Recognition and enjoyment of the good qualities of someone or something.
- **Unfavorable-** Expressing or showing a lack of approval or support.



## Activity:

1. Use the pre-teaching language and the examples found in the Supplemental Materials section to describe the Three A's. Teachers can feel free to use their own examples as well.
2. Allow students 2 minutes of turn and talk with each other about times when they have experienced one of these moments.
3. Invite students to share an example of a teachable "A" moment with the class.
  - a. Do not "cold call" on students, allow them to volunteer.
4. Use the provided discussion questions to guide the conversation as students share their "A" moments.

## Discussion Questions:

1. Which "A" moment did you find it easiest to think of examples?
2. Have you ever found it hard to apologize for something?
3. What was the most interesting "AHA!" moment you have ever had?
4. Have you ever had an "AHA!" moment during this class?
5. What is a way you enjoy showing your appreciation?

## Supplemental Materials:

- Appreciate examples: A friend who made a hard task easier, a teacher who took extra time to help you understand something difficult, or a coach who ended practice early after a hard workout.
- Apologize examples: Maybe you yelled at a friend out of frustration, forgot to send notes to a classmate because you were overwhelmed, or talked back to a teacher because you didn't understand the lesson.
- AHA examples: This could be something you thought of while reflecting on this activity or something you learned during it. It can be about the activity or class itself, or something you learned about yourself or others.

## Reinforcement Activities:

Teachers should be sure to seek out teachable "A" moments with students and utilize the "Three As" whenever an opportunity presents itself.