




# Lemons into Lemonade


 Susy struggles in Math, she studies hard every day but still cannot get the grade she wants. She feels like she is stupid.

 How can she change her thoughts?

 Junior feels like he will always be seen as small because he is shorter than other kids.

 How can he change his thoughts?

 Ashley worries that she is not good enough. She thinks if she lost a little weight she might be more liked.

 How can she change her thoughts?

## CHANGE YOUR Thoughts Words Actions





# Lemons into Lemonade

## Objective:

- \* Students will identify negative thoughts, actions, and words.
- \* Students will change negative thoughts, actions, and words into positive ones.

## Materials:

- \* Printout of Lemons into Lemonade worksheets, one for each student.
- \* Pencils.
- \* Practice cards cut out in advance.
- \* Copy of the "How to make Lemonade" page.

## Guiding questions:

- \* How do we overcome negative things about us or negative things in our life?
- \* Why is being optimistic good for us?
- \* How can thinking, speaking, or behaving negatively hurt us?
- \* How can thinking, speaking, or behaving positively help us?

## Activity Details (about 30 min):

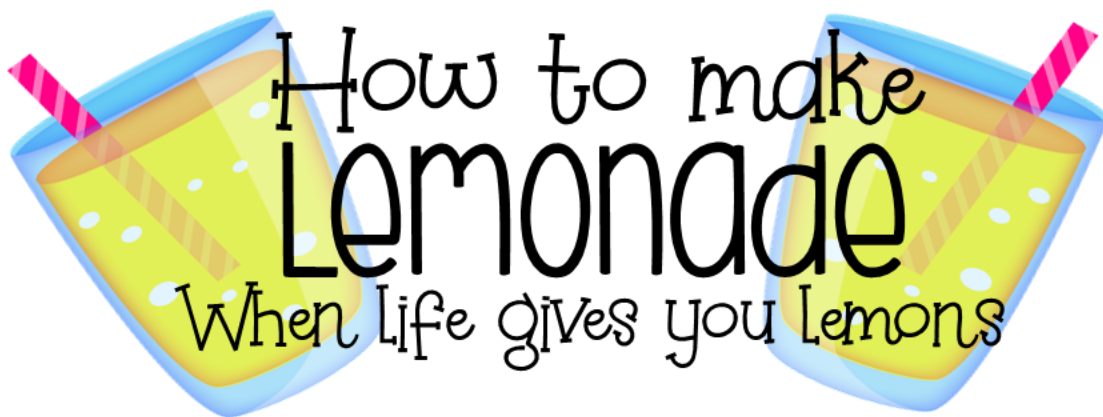
\* Ask the students if they have ever heard the saying "When life gives you Lemons, make Lemonade?" then ask them what they think it means. Wait for a few responses then explain. "It means that sometimes life can be hard and difficult things may happen to us (lemons) or make it harder to get what we want, but you have to find a way to make it work and be positive (lemonade). It is meant to encourage optimism and to have a can-do attitude. Today we are going to practice making lemons, or things we perceive as bad, into something good, or Lemonade. You will find that the more you do this in life, the happier and more confident you will be. Let's start with how to change our thoughts, words, and actions which is how we make Lemonade." Show the students the "how to make lemonade" page. Go through each section (thoughts, words, and actions) and talk about how when you face a challenge in life using one of those to make a change can help you overcome the challenge. Once you feel students have a good grasp on that, explain that you are going to practice changing thoughts/words/actions in a few scenarios. Have students take turns reading the cards and answering the questions on the cards. Next, give each student the two "Lemons into Lemonade" worksheets. Say "Now that we have practiced changing other people's lemons, let's work on changing our own lemons into lemonade. On the first worksheet, fill out one lemon you have for each area (looks, behavior, grades, skills) and then think about what you want to change about it. Check the box next to the change you want to make, then write in how you are going to make it into lemonade making that change. So for example, my lemon for my grades is that I have a low grade in math. I am going to check the box next to change my actions, and under "make it into lemonade" section I am going to write my goal of improving my grade in math. On the second page of the handout, you will see areas to plan the steps you are going to get to make the lemonade happen. Using my example, my step one is to spend an extra 30 minutes studying math, step two is I am going to ask for help from someone who is good at math, and step three I am going keep trying and not give up. (You can find examples of what to do in each area on the "How to make lemonade" page. Allow students time to complete this, then have them share with the group. Use the guiding questions at the top of this page to close the activity.

## ASCA Standards Alignment:

- \* Mindset: (M 2) Self-confidence in ability to succeed.
- \* Behavior: Self-Management Skills: (B-SMS 7) Demonstrate effective coping skills when faced with a problem.
- \* Behavior: Learning Strategies: (B-LS 7) Identify long and short term academic, career, and social/emotional goals.

## SEL Competencies:

- \* Self-awareness: self-confidence, accurate self-perception.
- \* Self-management: Goal setting, self-discipline.
- \* Responsible decision making: Identifying problems, analyzing situations, solving problems.



# How to make Lemonade

When Life gives you Lemons



change my  
thoughts



- ▶ Think positive (I can do this).
- ▶ Think rationally (Am I exaggerating?).
- ▶ Begin and end each day with a positive thought.
- ▶ Be grateful.
- ▶ Focus on progress, not perfection.
- ▶ Forgive yourself.



change my  
words



























- ▶ Think before you speak (Are my words harmful?).
- ▶ Avoid saying "I can't" about yourself (instead say I can't yet or when I can)
- ▶ Use affirmation statements (I am capable, I am loveable, I am smart, I am beautiful).










































































change my  
actions



- ▶ Make a plan and set goals.
- ▶ Try, don't be afraid to fail.
- ▶ Never give up.
- ▶ Ask for help.
- ▶ Push yourself.
- ▶ Think before you act (Is this going to help me reach my goals?).

 <p>Susy struggles in Math, she studies hard every day but still cannot get the grade she wants. She feels like she is stupid.</p>   <p>How can she change her thoughts?</p>	 <p>Aiden tries to paint and draw but it always seems to come out bad, now he does not like going to art class.</p>   <p>How can he change his thoughts?</p>
 <p>Ashley worries that she is not good enough. She thinks if she lost a little weight she might be more liked.</p>   <p>How can she change her thoughts?</p>	 <p>Mateo thinks he will never make the baseball team because he is not as good as some of the other players.</p>   <p>How can he change his thoughts?</p>
 <p>Luciana thinks she cannot improve her behavior because she has been misbehaving for a long time.</p>   <p>How can she change her thoughts?</p>	 <p>George's family cannot afford to get him the cool sneakers that everyone else has. He feels like he will not be cool without them.</p>   <p>How can he change his thoughts?</p>
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 <p>Christina says that she would have entered the poetry contest but her poem probably would not have won.</p>   <p>How can she change her words?</p>	 <p>Anthony says that he cannot do math because it is too hard.</p>   <p>How can he change his words?</p>
 <p>Paulina says she will never be as pretty as the other girls at her school.</p>   <p>How can she change her words?</p>	 <p>Oliver says he will never be cool because he has to wear glasses.</p>   <p>How can he change his words?</p>
 <p>Becky says she never gets picked first to be on the kickball team because she is a loser and no one wants her on their team.</p>   <p>How can she change her words?</p>	 <p>Cameron says he will never get student of the month because he is not a good kid.</p>   <p>How can he change his words?</p>
 <p>Paige says that she cannot ever be as good of a dancer as the kids in the dance club.</p>   <p>How can she change her words?</p>	 <p>David says he will not be able to pass the big state test because he is not smart enough.</p>   <p>How can he change his words?</p>

 <p>Ana stayed up late watching T.V. last night and did not get the grade she wanted on her test the next morning. She feels guilty.</p>      <p>How can she change her actions?</p>	 <p>Andres did not complete his project on time, because it is late he will have points taken away. He feels upset at himself.</p>      <p>How can he change his actions?</p>
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# Lemons into Lemonade



My Lemons

I will change...

Make it into  
Lemonade



My Looks

- Change my Thoughts
- Change my Words
- Change my Actions

My Behavior

- Change my Thoughts
- Change my Words
- Change my Actions

My Grades

- Change my Thoughts
- Change my Words
- Change my Actions

My Skills

- Change my Thoughts
- Change my Words
- Change my Actions



# Lemons into Lemonade

Steps to get there...

My Looks	1.	2.	3.
My Behavior	1.	2.	3.
My Grades	1.	2.	3.
My Skills	1.	2.	3.

A black and white line drawing of a whole lemon on the left and a pitcher of lemonade with ice cubes on the right. The title 'Lemons into Lemonade' is written in a large, stylized font across the top. 'Lemons' is in a bold, sans-serif font, 'into' is in a smaller, cursive font, and 'Lemonade' is in a large, flowing cursive font.

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# How to make Lemonade



When life gives you lemons



















- ▶ Think positive (I can do this).
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- ▶ Begin and end each day with a positive thought.
- ▶ Be grateful.
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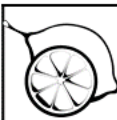

































- ▶ Think before you speak (Are my words harmful?).
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- ▶ Make a plan and set goals.
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My Lemons

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Make it into  
Lemonade



My  
Looks

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My  
Behavior

- Change my Thoughts
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My  
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# GOOGLE CLASSROOM

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource into your Google Drive.

1 Click here  [Lemons into Lemonade](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 **YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**  
Otherwise they will all be editing the same file.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

# ABOUT THE AUTHOR



## I'M ASHLEY

an Elementary School Counselor.

I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to 2 young boys. Thank you for supporting my little shop.

Click the icons to connect with me



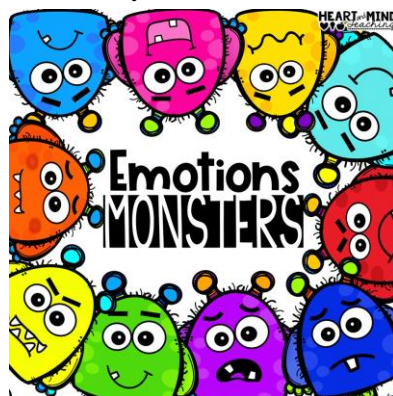
All of my Tpt resources are 50% off for the first 24 hrs posted. Make sure to follow me so you do not miss a deal.

# RECOMMENDED RESOURCES



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[Gayle McGlaulin](#)