

Name: _____

The Glad Game

Directions: Your deep limbic system can learn a powerful lesson from the Disney movie, “Pollyanna.” In the movie, Pollyanna came to live with her aunt after her missionary parents died. Even though she had lost her parents, she was able to help many negative people with her positive attitude. She introduced them to the “glad game,” to look for things to be glad about in any situation. Her father had taught her this game after she experienced a disappointment. She had always wanted a doll, but her parents never had enough money to buy it for her. Her father sent a request for a second hand doll to his missionary sponsors. By mistake, they sent her a pair of crutches, which made Pollyanna feel very sad. Her father then taught her the “glad game.” No matter what situation you are in, what is there to be glad about. At first, Pollyanna said, “Nothing.” But after she thought about it, she said, “I can be glad I do not have to use them.” This very simple game changed the attitudes and lives of many people in the movie.

We know that thinking negative thoughts releases chemicals into our brain that make us feel negative. When we think positive thoughts, our brain releases chemicals into our brain that make us feel better! Think of a time where you were in a difficult or disappointing situation and started to think negatively, but then found (or can now see) a silver lining. Now, try to explain the same situation from a “glad” standpoint. What did you find to be glad about in the situation?