

# Key 1 Activity: GOTCHA!

All of us can choose to have a **positive attitude** and this activity is an opportunity to celebrate all the positive energy we bring into the world. This activity gives us a chance to show others that we have a positive attitude to and have others “catching” us doing it. Getting caught is called a “Gotcha”.

**Step 1:** As a family, identify a reward goal you want to have such as going to dinner and a movie, going to Waterworld, etc. Write your family reward below:

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*Note: To maximize the effectiveness of this activity, make sure the entire family agrees upon the reward.*

**Step 2:** Explain to the family that the objective is to have each person “get caught” by other family members having a positive attitude. The person must be doing something over and above what is normal for that individual. For example, if someone doesn’t mind taking out the trash and usually has a positive attitude while doing it, “catching” that person having a positive attitude while taking out the trash would not qualify for a Gotcha. If, however, that person had a negative attitude about doing homework and changed his/her attitude about homework to be positive, having a positive homework attitude for that person would qualify as a Gotcha.

**Step 3:** Explain that anyone in the family can give a gotcha to any other member of the family. When each person has received 15 Gotchas, the family has reached their goal and gets the family reward. Individuals may not give themselves a Gotcha!

**Step 4:** Choose one of the following three options for tracking or managing the activity.

- A. **GOTCHA in Family Notebooks:** Using the GO FOR IT! family notebooks ask each person to create a Gotcha page. Ask the person to mark numbers down the page, 1 through 15. When that person has received a Gotcha from another family member the family member must write what the Gotcha was for on the person’s notebook page and initial it. Children must also tell a parent when they are awarding a Gotcha to another person. When all members of the family have received 15 Gotchas, the family has earned its reward.

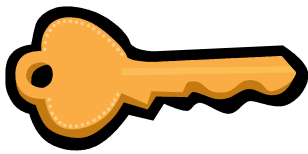
B. **GOTCHA Chart:** Using the Gotcha Chart provided, keep track of each time a family member receives a Gotcha. Place the chart in a visible location that is easy for all family members to reach (front of refrigerator). When a person receives a Gotcha from another family member the family member goes to the chart and places his/her initials on the chart for the person. Children must also tell a parent when they are awarding a Gotcha to another person. When all members of the family have received 15 Gotchas, the family has earned its award.

C. **GOTCHA Cards:** Using the template provided, print enough Gotcha Cards for each person in the family to have at least 15. Put the cards in an easy to reach location. When a person receives a gotcha from another family member, the family member fills out a GOTCHA Card and gives it to the person. Identify a location in which the awarded GOTCHA Cards can be displayed or kept. Children must also tell a parent when they are awarding a gotcha to another person. When all members of the family have received 15 Gotchas, the family has earned its reward.

**Step 5:** During the course of the activity, discuss how each family member is doing with having and maintaining a positive attitude. Discuss any challenges and how those challenges can be overcome.

**Step 6:** After your family has achieved your reward discuss the following:

1. How long did it take the family/individuals to receive 15 Gotchas?
2. Why do you think family members earned Gotchas at different rates?
3. How did the overall attitude of the family change after completing this activity?
4. How can your family continue to create a culture of positivity?



**GO FOR IT!  
GOTCHA**

Name of receiver:

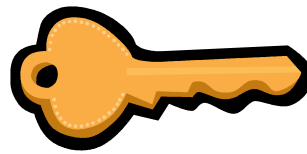
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Reason for Gotcha!:

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Name of giver:

\_\_\_\_\_



**GO FOR IT!  
GOTCHA**

Name of receiver:

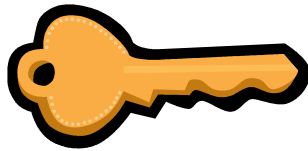
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Reason for Gotcha!:

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Name of giver:

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**GO FOR IT!  
GOTCHA**

Name of receiver:

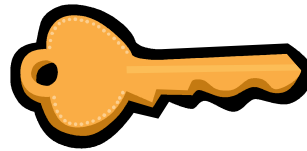
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Reason for Gotcha!:

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Name of giver:

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**GO FOR IT!  
GOTCHA**

Name of receiver:

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Reason for Gotcha!:

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\_\_\_\_\_  
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Name of giver:

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