

Picture Description Match

Follow the instructions to complete the activity.

NAME

DATE

Look at the pictures of people, objects, or actions associated with optimism.
Write the letter for each sentence in the box beside the picture that it matches.



A

Trying new things and face challenges with an attitude of "I can" instead of "I cannot"



B

Feeling hopeful about the future



C

Sharing what you have learned about self-talk to help others change their thoughts from negative to positive



D

Overcoming setbacks



E

Sharing positive stories with others



Using information found in *Optimism*, verify whether the following statements are true or false. Check your answers in the book. If the answer is false, write the correct answer below the statement. List the page number where you found the information beside your answer.

Statement 1	Optimism is not something people are born with or without.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 2	Optimism is mostly about just hoping good things will happen.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 3	By focusing on what you can do to make a situation better, you will feel more in control.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 4	Optimistic people believe that setbacks are temporary.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 5	A busy school room is a good place to practice self-talk.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>





Building Optimism

Follow the instructions to complete the activity.

NAME

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Consider how you can build optimism by answering these questions using your own words and examples from your own life.

1. Why do you think optimism is important?

2. How can you practice optimism and positive self-talk at home?

3. How can you practice optimism and positive self-talk at school?

4. How can you practice optimism and positive self-talk in your community?

5. How can you promote positivity in others?



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Use the information found in *Optimism* to fill in the missing words in each sentence.

1. Optimists know that everyone makes mistakes when trying something .
2. A person with a negative attitude is called a .
3. Having negative thoughts about yourself or situations you face will make you feel less .
4. Optimists use positive thinking to make and take action to reach their goals.
5. When you face a setback, try to keep your mind open to different .
6. A is someone who acts in a way that sets a good example for others.





Write a Letter

Follow the instructions to complete the activity.

NAME

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After completing the activity on page 22, write a letter to a friend describing your responses. Did you learn anything about yourself? Did any of the phrases describe you closely? Are there any that do not fit you at all? Is there anything you want your friend to know about being optimistic? Why or why not?



Key Words Match-Up

Write the words from the list below in the box above the correct definition for each word.

NAME

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KEY WORDS

confidence	positive
goals	self-talk
negative	setbacks
optimist	solutions
pessimist	temporary



Your Score is

%

1.
the thoughts and words we tell ourselves

2.
a person who has a negative attitude, or sees the worst in things

3.
describing something that is not permanent or does not last long

4.
belief in one's abilities to succeed through hard work

5.
challenges or stops to progress

6.
objectives that you are trying to achieve

7.
methods or ways of solving a problem

8.
a person who has optimism, or a positive attitude

9.
describing something with an agreeable or favorable effect

10.
describing the bad qualities of someone or something



NAME

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1

What is self-talk?

2

Does optimism help you get past challenges and keep reaching for your goals?

3

When you feel upset, what matters most?

4

How many times have Robby Novak's videos been watched?

5

Can you always control how you react or respond to things that happen?

6

When was Harvard University founded?

