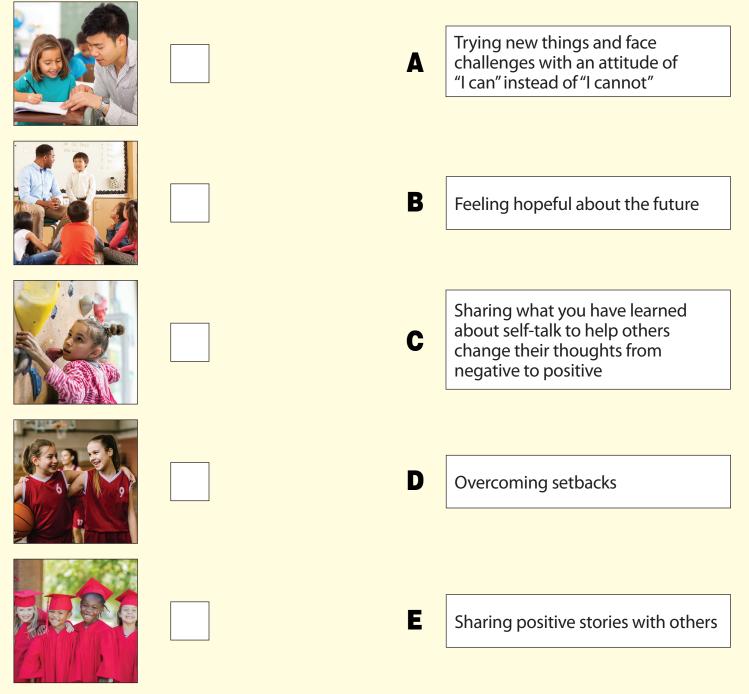


## **Picture Description Match**

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.





Be Your Best Optimism Reference: All Pages

Page 1 of 1



© 2021 AV2

All rights reserved.

www.av2books.com



#### **True or False**

Follow the instructions to complete the activity.

NAME

DATE

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.	True False	Page Number
Statement 2	Optimism is mostly about just hoping good things will happen.	True False	Page Number
Statement 3	By focusing on what you can do to make a situation better, you will feel more in control.	True False	Page Number
Statement 4	Optimistic people believe that setbacks are temporary.	True False	Page Number
Statement 5	A busy school room is a good place to practice self-talk.	True False	Page Number



Be Your Best Optimism Reference: All Pages

Page 1 of 1





### **Building Optimism**

Follow the instructions to complete the activity.

NAME

DATE

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?



Be Your Best Optimism Reference: All Pages

Page 1 of 1



© 2021 AV2 All rights reserved. www.av2books.com



## **Fill in the Blanks**

Follow the instructions to complete the activity.

NAME

DATE

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.



Be Your Best Optimism Reference: All Pages

Page 1 of 1



© 2021 AV2 All rights reserved. www.av2books.com



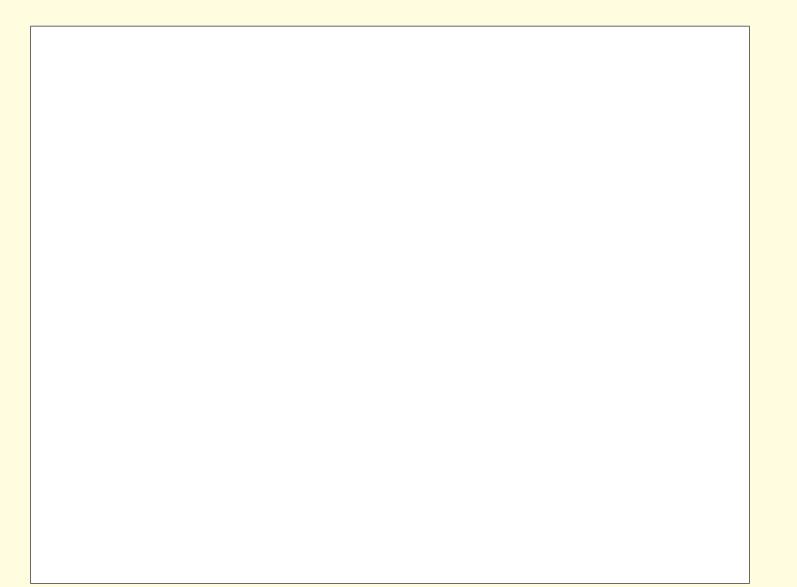
Write a Letter

Follow the instructions to complete the activity.

NAME

DATE

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?





Be Your Best Optimism Reference: Page 22

Page 1 of 1





# **Key Words Match-Up**

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

NAME

DATE

	KEY WORDS	Your
confidence goals negative optimist pessimist	positive self-talk setbacks solutions 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
  - describing something with an agreeable or favorable effect
- **10.** describing the bad qualities of someone or something



Be Your Best Optimism Reference: All Pages

Page 1 of 1 9.







Test your knowledge by answering these quiz questions.

NAME

DATE

What is	self-talk?
Does op	otimism help you get past challenges and keep reaching for your goals
When y	ou feel upset, what matters most?
How ma	any times have Robby Novak's videos been watched?
Can you	always control how you react or respond to things that happen?
When w	vas Harvard University founded?



Be Your Best Optimism Reference: All Pages

