

# 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

