


# Optimism

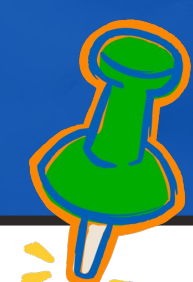
Self-Management, Module 2




# AGENDA



1. 1. Brainstorm using the jamboard answers to the optimism quiz.



2. .With a partner, review each of the scenarios and identify a pessimist view first and then reframe it as an optimist.



3. Reflect: Do you think of yourself as an optimist or a pessimist? Why?

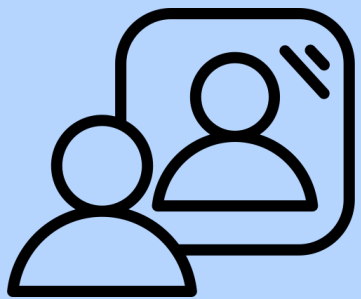
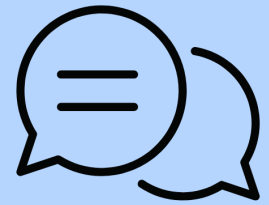


# BRAINSTORM



List responses (T/F) to the following questions on a sheet of paper:

1. When I am faced with a situation that is uncertain, I usually assume the worst will happen.
2. If there is a situation where something could go wrong, I assume that it will.
3. When I think about the future, I don't feel positive.
4. Things rarely work out for me.
5. When something doesn't go the way I had hoped, I usually give up.



# DISCUSS



Discuss the results of the brainstorm section.







# DIVE IN

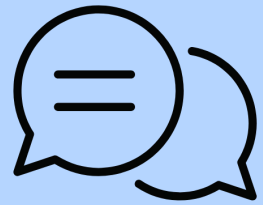


## Optimism vs. Pessimism

Optimism- is an attitude of confidence that even if something is challenging or troublesome, it will work out.

Pessimism- is the belief that things will not turn out well in the future. A pessimistic view typically involves expecting the worst even in situations that aren't really bad.



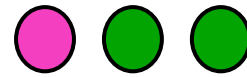
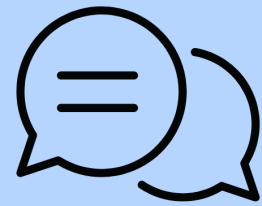


# DIVE IN



## How do optimism and pessimism affect our behaviors?

Optimism and pessimism don't just have to do with how people think about the future. They also impact how people explain things that have happened in the past. When something goes well, an optimist is more apt to analyze and reflect on the situation to determine what they did that made things turn out well in hopes of using that information in the future. When an optimist experiences a setback or a failure, they don't blame themselves. They can recognize that just because something didn't go well doesn't mean that things will never go well.



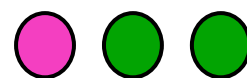
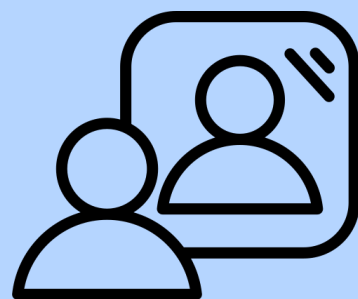
# DIVE IN



## Benefits of Being Optimistic

- Optimistic people live longer
- Are healthier
- Bounce back quicker if they do experience health concerns (after a cancer diagnosis, they even have a higher survival rate)
- As an optimistic person ages, their quality of life is much better than those people who have a pessimistic outlook on life






# ACTIVITY



1. With a partner, review each of the scenarios and identify a pessimist view first and then reframe it as an optimist.

 **High School**

Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Optimism

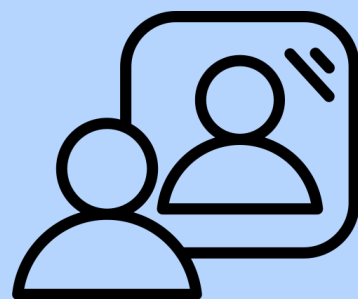
Scenario	Pessimist View	Optimist View
Your mom got a great new job and your family has to move to another state.		
You and your best friend try out for the team, but only one of you makes it.		
You decided to submit a project to a national robotics competition. When you look around, you see so many other projects.		

**Reflect:** Do you think of yourself as an optimist or a pessimist? Why?  
\_\_\_\_\_

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# REFLECT



Do you think of yourself as an optimist or a pessimist? Why?

# Home Connection



## Home connection challenge!

Share what you have learned about yourself and the difference between a pessimist and an optimist.



Home Connection

Optimism

Dear \_\_\_\_\_,

Today, in class, we learned that optimism is an attitude of confidence that even though a situation may be challenging or troublesome, it will work out, and **pessimism** is the belief that things will not turn out well.

Please encourage your student to share what they have learned in class about themselves, whether they are optimists or pessimists.

Please do not hesitate to reach out with any questions or concerns.

Best,

\_\_\_\_\_

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## Professional Development



Are you an optimist or a pessimist? Explain.







# Further Study

- BuzzFeed: Are you an Optimist, Pessimist, or a Realist?  
<https://www.buzzfeed.com/alexandrorrico/are-you-an-optimist-a-realist-or-a-pessimist>
- Edutopia: *Optimism is a Learnable Skill*  
<https://www.edutopia.org/article/optimism-learnable-skill>
- Edutopia: *Tips for Teaching Realistic Optimism*  
<https://www.edutopia.org/article/tips-teaching-realistic-optimism>







**Lesson Complete!**

