

## THIS LESSON CORRESPONDS WITH THE CORE LIFE OPTIMISM 2015 ISSUE.

**15-20 MINUTES**

**SUGGESTED SUPPLIES/TECHNOLOGY:**

White board, dry erase markers, clear plastic cup, water.

**ESSENTIAL QUESTION:** Why is it important to be optimistic?

**LEARNING TARGET:** I can practice being optimistic at school and at home.

**BELL RINGER/ICE BREAKER:** Teacher will ask students to interpret the quote, "Always look on the bright side." Students will write down their answer then get with a partner. Partners will share their ideas then the teacher will ask pairs to share their responses. (5 minutes)

Teacher will lead a brief introduction to the term optimism. (Review the definition and description on the cover of newsletter.)

Teacher will have a clear cup filled half way with water. Using the "How do you see this glass?" section, the teacher will ask students if they think the glass is half full or half empty. Students will have the opportunity to share their ideas. The teacher will then ask how an optimist might view this cup. As a whole group, the teacher will ask students to brainstorm as many good things you can do with a half full cup of water. Teacher will write these on the board. (5 minutes)

Teacher will lead a discussion about being optimistic even in bad situations. Possible questions may be: How can you be optimistic if you have to move to another school? What good things might you miss out on if you have a negative attitude about changing schools? (3 minutes)

**EXIT SLIP (Optional):** Teacher will read the quotes from the "What did they say?" section. Students will give thumbs up if they think it is the quote said by the person.

Teacher will encourage students to share what they learned with their parents or guardians.

