



Are you an optimist or a pessimist?

01 Note a time when you stayed positive in a difficult moment. Share your experience with a classmate.

02 Read “Positive Polly.” Match the strategy to the paragraph.

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| 1. Paragraph 2 | a. Be appreciative of what you have. |
| 2. Paragraph 3 | b. Revel in the changes you have made. |
| 3. Paragraph 4 | c. Avoid focusing on the negative. |

03 Read the text again. Answer the questions below.

- What does having a positive mindset entail?

- What tool can remind you to be grateful?

- What can distract us from finding solutions?

- Who should you celebrate your successes with?

04 With a classmate, read the situations below. Discuss the optimistic response to them.

- You get a poor mark on a test that you studied hard for.
- You try out for the school play, but there is stiff competition for the leading roles.
- You just joined a new club and don't know anyone else yet.

Positive Polly

- A positive mindset is about staying optimistic and looking for opportunities in the **face** of challenges. It is not easy for most of us to develop, but with the proper understanding, we can reprogram ourselves to take on a **buoyant** outlook on life.
- Firstly, positivity stems from gratitude. Feeling grateful for what you have helps you appreciate things more, shifting your focus away from what you lack. The more thankful we are, the more we remember what we have, and the more optimistic our thinking becomes. Keeping a **gratitude** journal can remind you how lucky you are.
- Focusing on solutions is another essential step towards developing a **resilient** mindset. It is easy to fall into the trap of dwelling on problems, but this rarely leads to solutions. Although you might have had difficulties, reflecting on the solutions that got you past them will help you **forge** new paths. Growth opportunities abound if you are open to looking for them.
- Finally, change takes time, and you must celebrate your progress to maintain your motivation. Doing so will motivate you to keep going, no matter how small a step you take. **Likewise**, building a support system of other like-minded, upbeat people allows you to share your success with others and provides additional external motivation to continue to grow.



05 Read the statements below. Decide if they express possibility "PO," probability "PR," annoyance "A," or concession "C."

1. Although he may be rich, he is not happy.

2. She might've felt confident about passing the course if she'd passed her test.

3. Lucy's mom could've been more positive if she'd known the strategies.

4. You might've told me you were coming to the workshop. We could've come together.

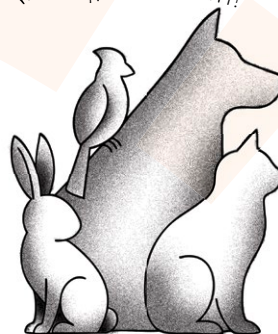
5. Sheila might start journaling about positivity to help her stay optimistic.

6. Javier might talk to the school counselor about strategies.

06 Circle the words that don't fit the sentences.

- I gave Luis advice, and he **can** / **might** / **may** try keeping a gratitude journal to help him stay positive.
- You **may** / **could** / **might** have called to ask me for advice! Emily's advice was terrible.
- He **can't** / **may** / **couldn't** have found it easy to change his mindset. He's been a pessimist for as long as I've known him.
- Luisa's family **might** / **could** / **may** try doing an intervention with her next week. She is going through a hard time.
- Even if you are always smiling, it **might** / **could** / **may** not be that you have a positive mindset.

WHAT ANIMAL PROJECTS CONFIDENCE AND POSITIVITY?



07 Imagine a classmate going through one of the situations from Exercise 4. Write them a letter advising them on how to best deal with the situation.

Blank area for writing a letter.

08 Read the situations below. With a classmate, take turns role-playing them. Afterward, decide which practice for developing a positive mindset worked best and why.

You: You are applying for a summer job but don't have any experience. You are nervous that you won't get it. You ask a classmate for advice.

Your classmate: Your classmate asks you for advice on how to get a summer job, but they are pessimistic about their chances. Reflect on the best practices for staying positive and give them advice.