

# CHARACTER EDUCATION

# OPTIMISM



# OPTIMISM



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# OPTIMISM

## PARENT LETTER

Hello Parents,

We are learning all about Optimism. We defined optimism as: Believing that good things will happen and having hope for the future.

Here are some ways you can teach Optimism to your child at home:



When faced with setbacks, express your belief that things will improve and demonstrate problem-solving instead of focusing on the negatives.



Acknowledge and celebrate even small achievements. This helps your child recognize their progress and builds confidence in their ability to succeed.



Help your child reframe negative thoughts. If they say, "I can't do this," guide them to say, "I'll keep trying and I'll get better with practice."



Encourage your child to express gratitude by regularly talking about the things they're thankful for.

# OPTIMISM

## WRITING PROMPTS

1. Write about a time when thinking positively helped you feel better or helped you solve a problem.
2. Think about a situation where something didn't go as planned. Write about how you can look at it in a more positive way.
3. Describe a day where everything goes right because you stay positive and hopeful.
4. Write a letter to a friend who feels sad or frustrated, telling them ways to stay positive and look for the good in tough situations.
5. Write about some optimistic goals you want to achieve this year and how you will stay positive even if things get tough.
6. If you could have a superpower that made everyone feel more optimistic, what would it be, and how would you use it?

# OPTIMISM

## RECOMMENDED READ ALOUDS

Preston's positive thoughts by Jenelle French

The Awfulizer by Kristin Maher

Positive Ninja by Mary Nhin

Catching thoughts by Bonnie Clark

The Whatifs by Zoe Persico

The Magic is Inside You by Cathy Domoney

A little spot of Optimism by Diane Alber

Spin by Rebecca Janni

Good news, bad news by Jeff Mack

Pete the Cat and His Magic Sunglasses by James Dean

The Girl who makes a Million Mistakes by Brenda Li

How to get Unstuck from the Negative Muck by Lake Sullivan

Finding the Flipside by Jennifer Law and Brian Martin

Rosie's Glasses by Dave Whamond



# OPTIMISM

## MORNING ANNOUNCEMENTS

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

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

**\*Week 1:** We are learning all about Optimism. We defined being optimistic as believing that good things will happen and having hope for the future. Some ways you can be optimistic at school are encouraging classmates, having a growth mindset, celebrating small wins, encouraging yourself during a test, and staying positive about learning.

**\*Week 2:** We are continuing to learn all about Optimism. Remember optimistic as believing that good things will happen and having hope for the future. Some ways that you can be optimistic at home are showing gratitude to your family, starting the day with a positive attitude, helping with chores cheerfully, and keeping a positive outlook.

**\*Week 3:** We are continuing to learn all about Optimism. Remember optimism is believing that good things will happen and having hope for the future. Some ways that you can be optimistic in your community is by volunteering, showing gratitude to community workers, and believing in the potential for change in your community.

**\*Week 4:** As we continue to learn about Optimism, let's reflect on this quote by Winston Churchill, "The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty." This means that being optimistic is about finding solutions not focusing on problems. What is one way you will show optimism today?

**\*Week 5:** Optimism is an essential trait to have for many careers. Hairstylists for example show a lot of optimism. A hairstylist is a skilled professional who cuts, styles, and colors hair to help clients look and feel their best. Beyond their technical skills, hairdressers often serve as confidants, creating a welcoming and uplifting atmosphere for their clients. Optimism is essential in their careers, as they approach each day with a positive attitude, ensuring clients leave feeling more confident and refreshed. Think of a career you may be interested in and how you can show optimism in that career.

**\*Week 6:** Optimism is also shown by many leaders throughout history and is an important feature of being a leader. One such leader was Helen Keller, who is known for overcoming the challenges of being deaf and blind to become a renowned author, activist, and lecturer. Despite losing her sight and hearing at a young age due to illness, she learned to communicate with the help of her teacher. Keller's optimism was evident in her determination to achieve an education, becoming the first deaf-blind person to earn a college degree. She dedicated her life to advocating for people with disabilities, women's rights, and social justice. Her unwavering positivity and belief in the power of optimism inspired many, as she once said, "Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." Think about how you can be a leader in your classroom by showing optimism.

**I SHOWED**  
OPTIMISM



**I SHOWED**  
OPTIMISM



**I SHOWED**  
OPTIMISM



**I SHOWED**  
OPTIMISM



**I SHOWED**  
OPTIMISM



**I SHOWED**  
OPTIMISM



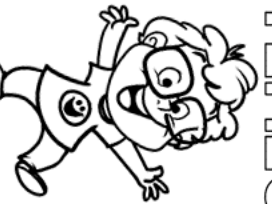
**I SHOWED**  
OPTIMISM



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OPTIMISM



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**I SHOWED**  
OPTIMISM



# I CAN SHOW OPTIMISM

BY

BELIEVING  
THAT *good*  
*things* WILL  
HAPPEN AND  
HAVING  
hope FOR  
THE future.



CHARACTER EDUCATION

# I CAN SHOW OPTIMISM

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CHARACTER EDUCATION

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CHARACTER EDUCATION



# OPTIMISM

## PRE-SURVEY

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

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

I am learning to be optimistic.



Always



Sometimes



Hardly



Never

I can define what optimism means.				
I can identify ways to show optimism.				
I can recognize optimistic behavior.				
I show optimism in the classroom.				
I show optimism at home.				
Optimism is important to me.				
I think about showing optimism before I do something.				



# OPTIMISM

## POST-SURVEY

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

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

I am learning to be optimistic.



Always



Sometimes



Hardly



Never

I can define what optimism means.				
I can identify ways to show optimism.				
I can recognize optimistic behavior.				
I show optimism in the classroom.				
I show optimism at home.				
Optimism is important to me.				
I think about showing optimism before I do something.				

# OPTIMISM

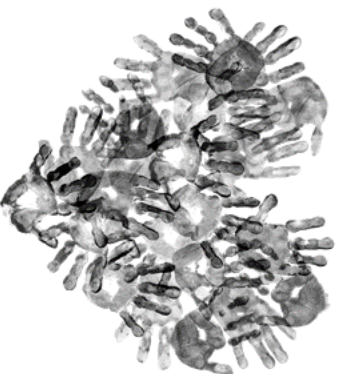
## GOOD CHARACTER AWARD

Presented to:

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Teacher



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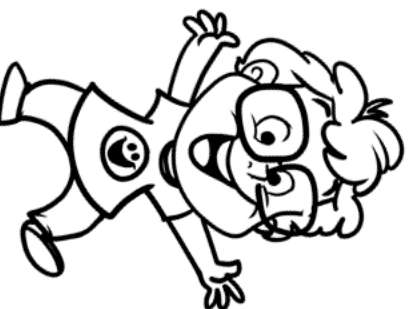
Date

# OPTIMISM

## GOOD CHARACTER AWARD

Presented to:

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Teacher

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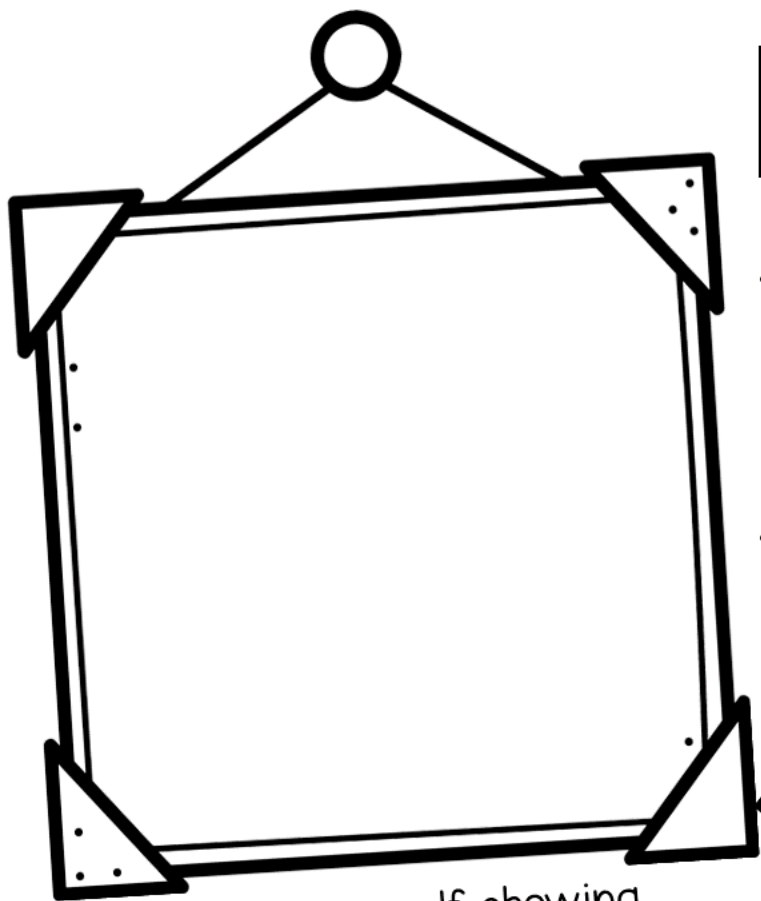
Date

# OPTIMISM

## WAYS TO BE OPTIMISTIC

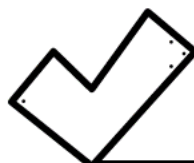
Name: \_\_\_\_\_

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



Draw yourself showing optimism.

I can be optimistic by...



What does Optimism mean to me?



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# OPTIMISM

## WAYS TO BE OPTIMISTIC

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

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



## Ways I can show Optimism at School



Encourage  
classmates.



Have a growth  
mindset.



Stay positive  
about learning.



Celebrate small  
wins.

Encouraging  
yourself during  
a test



Accepting  
feedback from  
your teacher with  
a positive attitude.



Looking forward  
to learning



Helping classmates  
stay positive.



Keep trying on  
your schoolwork.

# OPTIMISM

## WAYS TO BE OPTIMISTIC

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

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



## Ways I can show Optimism at Home

Start the day at home with a positive attitude.



Encourage siblings.



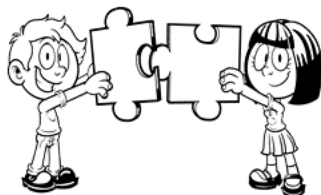
Show gratitude to your family.



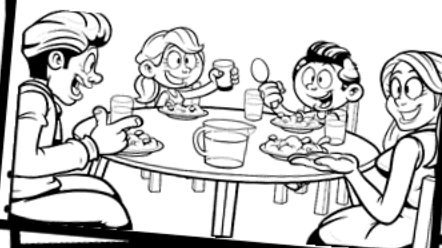
Helping with chores cheerfully



Find solutions not problems.



Encourage family bonding.



Keep a positive outlook on challenges.



End the day at home on a good note.



Acknowledge progress in yourself and family members.



# OPTIMISM

## WAYS TO BE OPTIMISTIC

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

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



### Ways I can Optimism in my Community

Volunteer to help others.



Share uplifting stories in your community.



Help a neighbor.



Participate in community events.



Encourage neighbors and community members.



Look for solutions to community issues.



Show Gratitude to Community Workers.



Believe in the potential for positive change in your community



Set an example to neighbors by being friendly and kind.







CUT AND



PASTE ONTO NEXT PAGE

Encouraging yourself  
during a test

Share uplifting  
stories in your  
community.

Encourage  
classmates.

Start the day at home with  
a positive attitude.

Helping with chores  
cheerfully

Believe in the potential for positive  
change in your community

Helping classmates  
stay positive.

Show Gratitude to  
Community Workers.

Acknowledge progress in  
yourself and family members.

Help a neighbor.

Show gratitude  
to your family.

Looking forward  
to learning

Encourage siblings.

Look for solutions to  
community issues.

Accepting feedback from  
your teacher with a positive  
attitude.

Set an example to  
neighbors by being  
friendly and kind.

Keep trying on  
your schoolwork.

Encourage  
family bonding.



# OPTIMISM

## WAYS TO SHOW OPTIMISM SORT

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

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

Ways I can show optimism  
in my School

Ways I can show optimism  
in my Home

Ways I can show optimism  
in my Community

# OPTIMISM

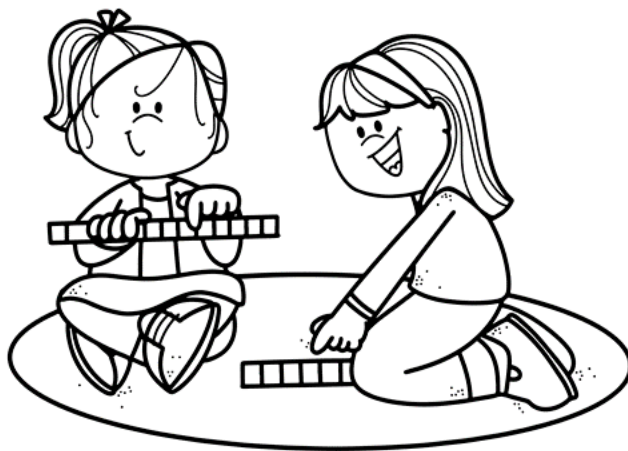
## STUDENTS WITH CHARACTER

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

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

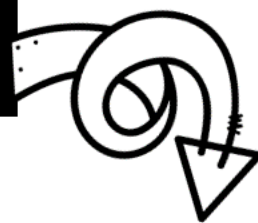
### Optimistic Students

# MISTAKES HELP US LEARN



Ms. Lopez's class was working on a difficult math lesson about subtraction with regrouping. Some students were struggling, but instead of getting discouraged, they showed optimism by encouraging each other. When Mia got an answer wrong, her friend Lucas smiled and said, "You're so close! Let's try again together." The class cheered when she finally got it right. Meanwhile, their teacher reminded them, "Mistakes help us learn!" With a positive attitude and teamwork, the students kept trying, knowing that with practice, they would improve. By the end of the lesson, they felt proud of their progress and excited to keep learning.

### How did these students show Optimism?



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# OPTIMISM

## LEADERS WITH CHARACTER

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

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

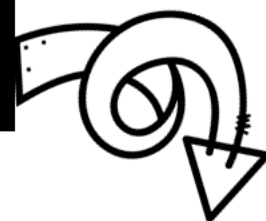
### Optimistic Leaders

# HELEN KELLER



Helen Keller is known for overcoming the challenges of being deaf and blind to become a renowned author, activist, and lecturer. Despite losing her sight and hearing at a young age due to illness, she learned to communicate with the help of her teacher. Keller's optimism was evident in her determination to achieve an education, becoming the first deaf-blind person to earn a college degree. She dedicated her life to advocating for people with disabilities, women's rights, and social justice. Her unwavering positivity and belief in the power of optimism inspired many, as she once said, "Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."

### How did Helen Keller show Optimism?



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# OPTIMISM

## CAREERS WITH CHARACTER

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

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

### Optimistic Careers

# HAIRSTYLIST



A hairstylist is a skilled professional who cuts, styles, and colors hair to help clients look and feel their best. They stay up to date on the latest trends and techniques, offering personalized advice to enhance each person's appearance. Beyond their technical skills, hairdressers often serve as confidants, creating a welcoming and uplifting atmosphere for their clients. Optimism is essential in their careers, as they approach each day with a positive attitude, ensuring clients leave feeling more confident and refreshed. Even when faced with challenging requests or difficult days, they maintain enthusiasm and creativity, knowing their work can brighten someone's day and boost their self-esteem.

### How do Hairstylists show Optimism?



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# OPTIMISM

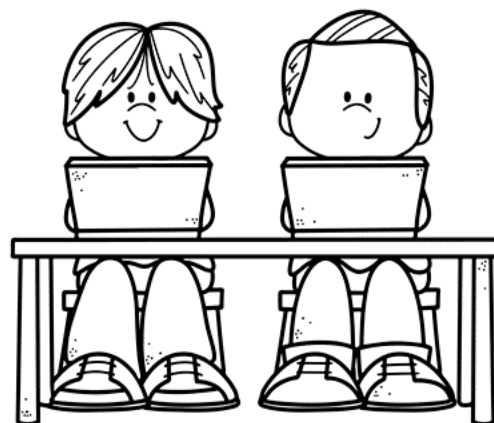
## DIGITAL CHARACTER

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

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

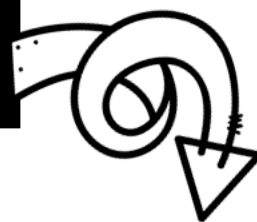
### Digital Optimism

# DIGITAL TOOLS



Emma and Jake were working on a group project for their science class, but their initial research led them to conflicting information. Instead of getting frustrated, they embraced digital optimism—believing that technology could help them find the right answers. They used reliable sources, cross-checked facts, and even reached out to an expert through a science forum. When they encountered a complicated concept, they watched educational videos and used interactive simulations to understand it better. By staying positive and leveraging digital tools, they not only completed their project successfully but also discovered new ways to learn and collaborate online.

How did they show digital optimism?



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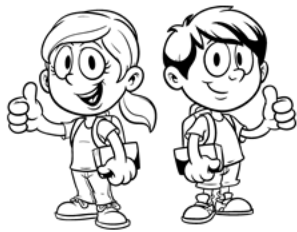
Approach challenges with a growth mindset.



Using negative self-talk



Surround yourself with uplifting people.



Use positive language and self-talk.

Assuming good things won't happen to you.



Dwelling on past failures instead of learning from them.



Focus on solutions instead of problems.

Seeing setbacks as permanent rather than temporary.



Complaining.



Giving up when it's too hard.



Celebrate progress, no matter how small.



Encourage and support others.



# OPTIMISM

OPTIMISTIC OR NOT? SORT

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

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



## THIS IS BEING OPTIMISTIC

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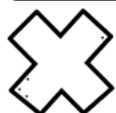
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## THIS IS NOT BEING OPTIMISTIC

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# OPTIMISM

## CAUSE & EFFECT

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

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

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

You go into your exam feeling like you will fail.

You go into your presentation feeling like you will succeed.

You woke up feeling happy and excited about the day.



# OPTIMISM

## CAUSE & EFFECT

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

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

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

Your friend heads to their first soccer game feeling very nervous and doubting their abilities.

You and your mom are stuck in traffic and are feeling stressed about being late to the party.

You tackle a difficult math problem with a positive mindset.

# OPTIMISM

## CAUSE & EFFECT

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

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

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

You encourage a classmate who is struggling with writing.

You listen to the lesson in science with a bad attitude and wish you were somewhere else.

You don't understand why you have to keep practicing your spelling words and don't want to do them.

# OPTIMISM

## CAUSE & EFFECT

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

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

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

You work hard on your homework and really try your best.

You participate in social studies group discussions.

You don't feel like you are good at drawing, so you have been dreading art class.

# OPTIMISM

## CAUSE & EFFECT

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

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

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

You work to be a leader in PE class and help others with the game.

You decide to work on your handwriting because you think practicing will make it better.

You don't like who you got put with for the partner reading project. You are unhappy.



# OPTIMISM

## CAUSE & EFFECT

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

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

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

You don't like any of the activities to play with at recess.

You approach a group project with a positive attitude and willingness to cooperate.

You keep messing up your project, but you choose to have a positive mindset and keep going.

# OPTIMISM

## ROAD TO OPTIMISM

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

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

### ROAD TO OPTIMISM: COLOR THE CAR OF YOUR ANSWER.

Your teacher announces that it's going to rain during recess time so it will have to be inside.



You feel angry and throw a fit.



You complain to your friends about the rain.



You find a fun game to play inside with your friends.

Samantha forgot to bring her favorite toy for show and tell.



She gets upset and sits quietly during show and tell.



She chooses to make the best of it and tell and share a fun story instead.



She remembers that there is always next time.

You receive a low score on a math quiz.



You get discouraged and believe you are bad at math.



You ask the teacher for extra help



You blame the teacher for not teaching well.

# OPTIMISM

## ROAD TO OPTIMISM

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

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

### ROAD TO OPTIMISM: COLOR THE CAR OF YOUR ANSWER.



You feel so happy for your friend.

Your best friend gets a new bike.



You feel jealous and upset that you didn't get one.



You decide to tell your friend you can't play together because you don't have a bike.

Tara's class is going on a field trip, but she forgot to bring her permission slip.



She talks to her teacher, explains the situation, and hopes for a solution.



She complains to her classmates about missing the trip.



She throws a fit and blames her parents.

Everett's art project did not turn out as he expected.



He wrinkles it up and throws it away.



He tells his art teacher he is never doing art again.



He appreciates how hard he did work and finds one good thing that he likes about it.

# OPTIMISM

## ROAD TO OPTIMISM

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

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

### ROAD TO OPTIMISM: COLOR THE CAR OF YOUR ANSWER.

You are playing a game with your friends, and you are losing.



You take a deep breath and remember that it is about the fun with your friends.



Accuse your friends of cheating.



You get mad and tell them you don't want to play anymore.

Ryan's teacher assigned a challenging book to read.



He complains to his classmates about the boring book.



He refuses to read it because it looks too hard.



He takes it as a challenge and gives it his best try.

Bella is upset that she did not get the lead role in the school play.



She feels sad and refuses to take the other role she did get.



She complains to her friends about not being chosen.



She accepts the different roles, practices hard, and has fun performing.



# OPTIMISM

## ROAD TO OPTIMISM

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

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

### ROAD TO OPTIMISM: COLOR THE CAR OF YOUR ANSWER.

You are struggling  
to tie your shoelaces.  
You have been  
practicing so hard.



You decide to tell your parents to only  
buy you velcro strapped shoes.



You give up and throw them across  
the room.



You keep practicing and know  
that you can do this!

Tina has struggled  
with math all year in  
third grade. She is  
about to start fourth  
grade and is  
dreading math again  
this year.



She tells her parents that she will not  
like her math teacher and will not learn  
math this year.



She shakes off those thoughts, and  
reminds herself that this is a new  
year and fresh start.



She comes into her new math class  
with a terrible attitude.

Your mile run is  
coming up that you  
will have to perform  
for your coach. You  
have to run it under  
a certain time.



You give up and believe you can't  
run it in the required time.



You complain to your teammates  
about this task.



You take a deep breath, practice as  
much as you can, and give it your all.

# OPTIMISM

## ROAD TO OPTIMISM

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

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

### ROAD TO OPTIMISM: COLOR THE CAR OF YOUR ANSWER.

You made a mistake  
on your science  
poster. You have  
spent so many  
hours on it.



You trash it and start over.



You cry and tell your parents that  
you are going to get a failing grade.



You embrace the mistake as a chance to  
learn and try to make the best adjustments.

Skyler is chosen to  
present in front of  
the entire class. This  
makes her very  
nervous.



She refuses to present.



She reminds herself that she can do it  
and practices as much as she can.



She fakes sick on the day she is  
supposed to present.

Your friend  
accidentally spills  
juice on your  
favorite book.



You yell at your friend for  
ruining your book.



You stomp as you walk away and tell  
the teacher what they did.



Take a deep breath and go get  
paper towels.

# OPTIMISM

## ROAD TO OPTIMISM

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

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

### ROAD TO OPTIMISM: COLOR THE CAR OF YOUR ANSWER.

Brooke is having a  
hard time  
understanding a  
science experiment  
in class.



She calmly asks the teacher questions to  
keep trying to understand.



She asks her mom to move her  
classes because she doesn't like it.



She gives up because she will  
never understand.

You are playing  
soccer at recess  
and your team is  
losing.



Get upset and blame your  
teammates for the loss.



Tell your friends that you are  
not playing soccer anymore.



Encourage your teammates to not  
give up and focus on having fun.

Hazel is  
struggling to  
remember a  
spelling rule.



She gives up and accepts that she will  
always spell those words wrong.



She keeps practicing and chooses to  
believe in herself.



She refuses to practice spelling  
because at least she is good at art.

# OPTIMISM

## AN OPTIMISTIC WORLD

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

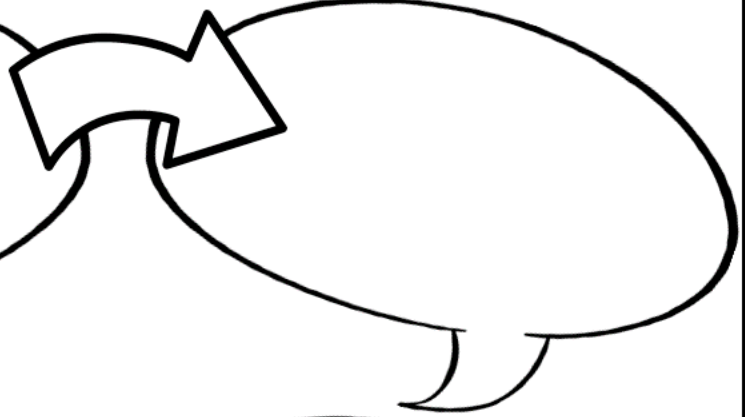
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### NEGATIVE TO POSITIVE SELF-TALK

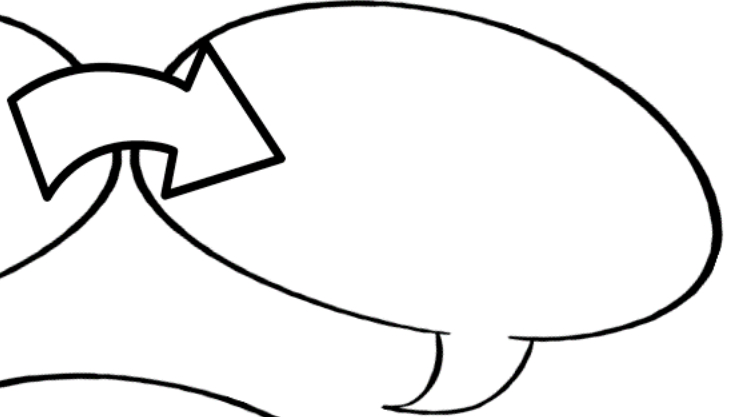
Rewrite the negative thoughts into positive self-talk.



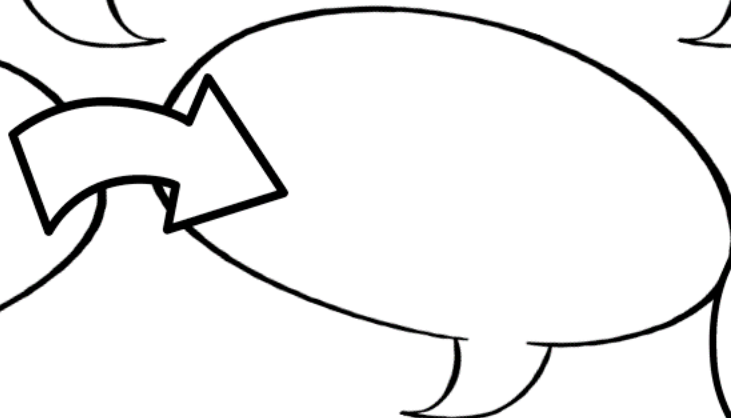
"No one likes me."



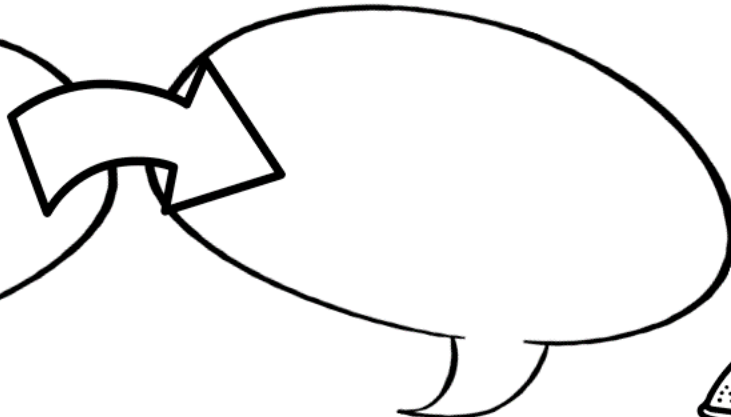
"Everyone else is better than me."



"This is too hard."



"What if I fail?"





# OPTIMISM

## AN OPTIMISTIC WORLD

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

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

### POSITIVE AFFIRMATIONS

Affirmations are positive things we say to ourselves to help us feel confident and happy. Come up with your own affirmations and write them in the mirror.

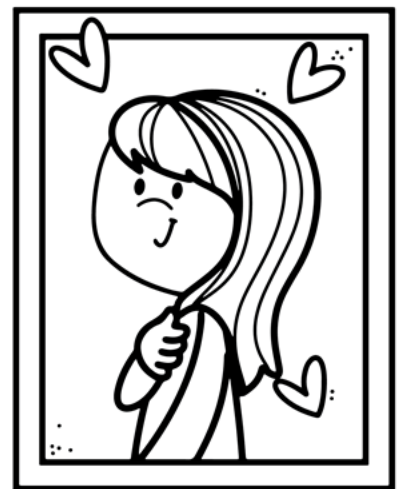
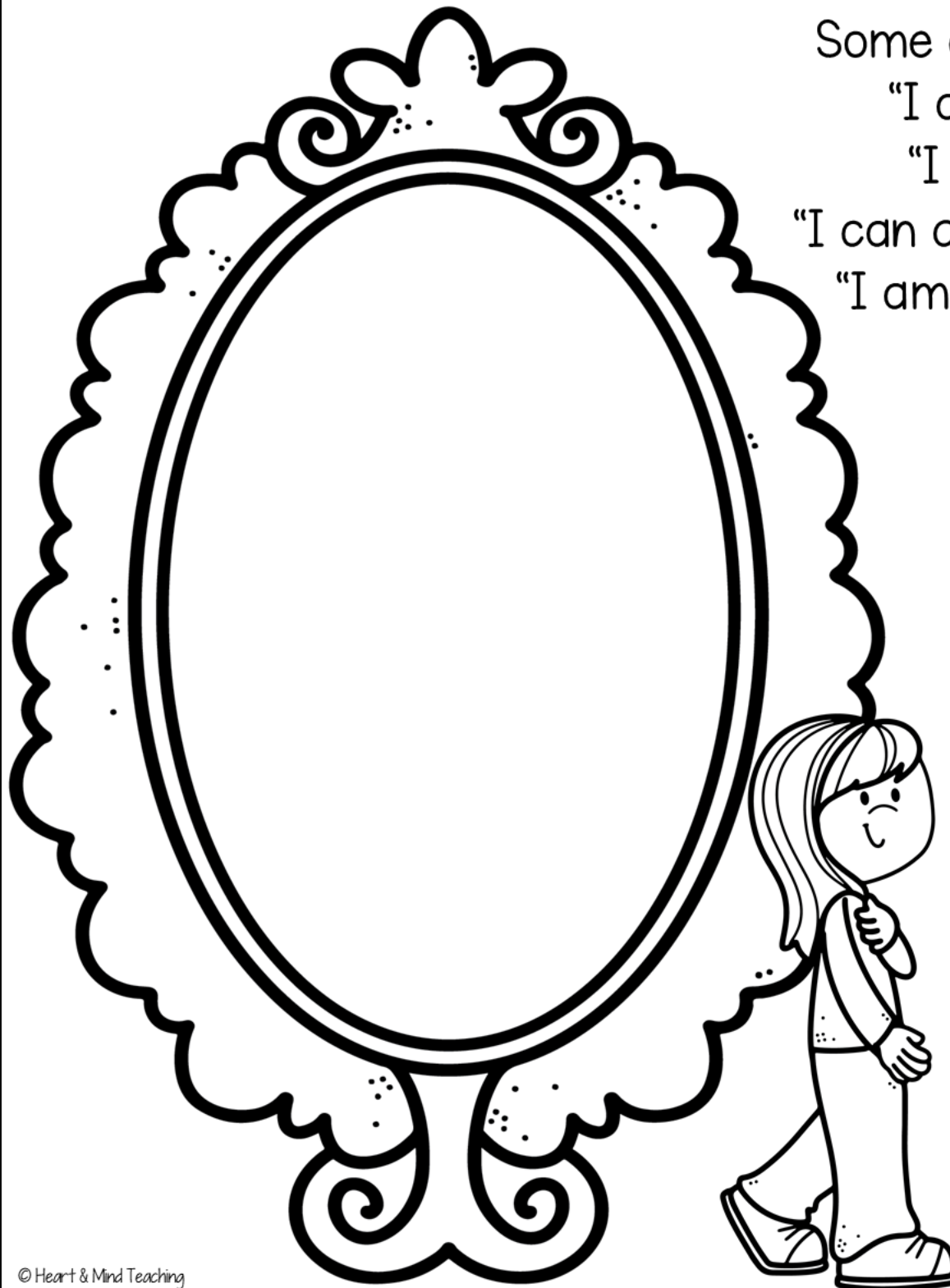
Some examples are:

"I am smart."

"I am kind."

"I can do hard things."

"I am a good friend."



# OPTIMISM

## AN OPTIMISTIC WORLD

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

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

### POSITIVE THINKING

Encourage students to associate positive words and thinking with everyday situations. fill in the blanks using optimistic words.



When things go wrong, I always try to \_\_\_\_\_.

I believe things will \_\_\_\_\_ with effort.

Even though it was hard, I knew I could \_\_\_\_\_ if I kept trying.

Challenges help me become \_\_\_\_\_

I can do anything if I \_\_\_\_\_

# OPTIMISM

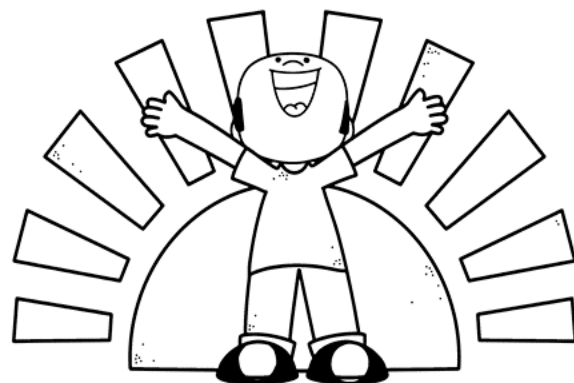
## AN OPTIMISTIC WORLD

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

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

### POSITIVE THINKING

Encourage students to associate positive words and thinking with everyday situations. fill in the blanks using optimistic words.



When I feel nervous, I remind myself that I am

\_\_\_\_\_

I didn't win the game, but I had fun and I'll

\_\_\_\_\_

I am \_\_\_\_\_ about how hard I worked on my project.

Today was a hard day, but tomorrow will be

\_\_\_\_\_.

Even though I made a mistake, I know I can

\_\_\_\_\_.

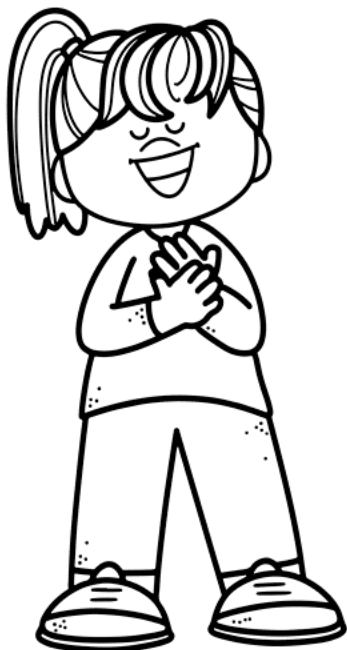
# OPTIMISM

## AN OPTIMISTIC WORLD

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

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

### GRATITUDE LIST



Foster a sense of gratitude, which is closely linked to optimism. Ask students write one thing/person they are grateful for and why it makes them feel happy or hopeful. Example: "I am grateful for my family because they support me."



# OPTIMISM

## AN OPTIMISTIC WORLD

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

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

# OPTIMISM VS. PESSIMISM

Read the statements below and think if it's showing optimism or pessimism.

**OPTIMISM**   **PESSIMISM**

I can study harder next time!		
I'll never be good at math. I give up		
It's just one game. We'll practice and do better next time!		
We're terrible. We'll never win a game.		
I always forget things. I'm so bad at school.		
I'm never going to pass a test.		
I'll make sure to double-check my backpack tomorrow		
I'm nervous, but I know I've prepared well and I'll do my best.		
There will be more chances! You can try again next time.		
It's pointless to try out again. You'll just get rejected.		
I'll keep practicing—every time I try, I get a little better.		
This day is ruined. Nothing fun ever happens.		
That's okay—mistakes help me learn. I'll try a new idea!		



# OPTIMISM

## AN OPTIMISTIC WORLD

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

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

What are some examples of optimism you have seen from others?

Teacher

<div><div></div><div></div><div></div></div>	
--	--

Strangers

<div><div></div><div></div><div></div></div>	
--	--

Parent/Guardian

	<div><div></div><div></div><div></div></div>
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Friends

	<div><div></div><div></div><div></div></div>
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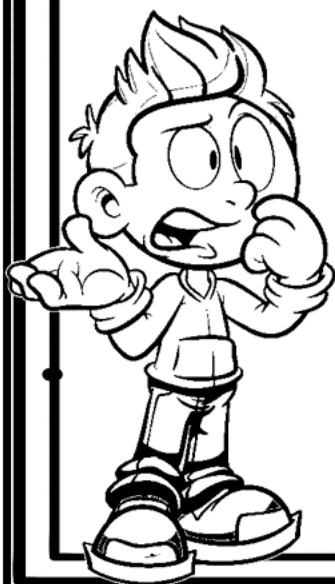
# OPTIMISM

## AN OPTIMISTIC WORLD

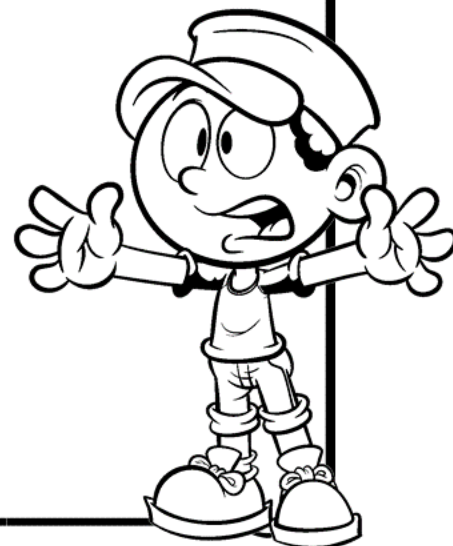
Name: \_\_\_\_\_

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

What would society look like if no one showed optimism?



Would you want to live in this society, why or why not?



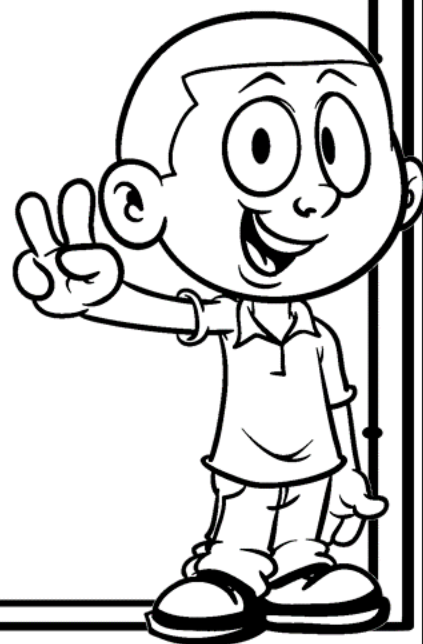
# OPTIMISM

## AN OPTIMISTIC WORLD

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

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

What would society look like if everyone showed optimism?



Would you want to live in this society, why or why not?



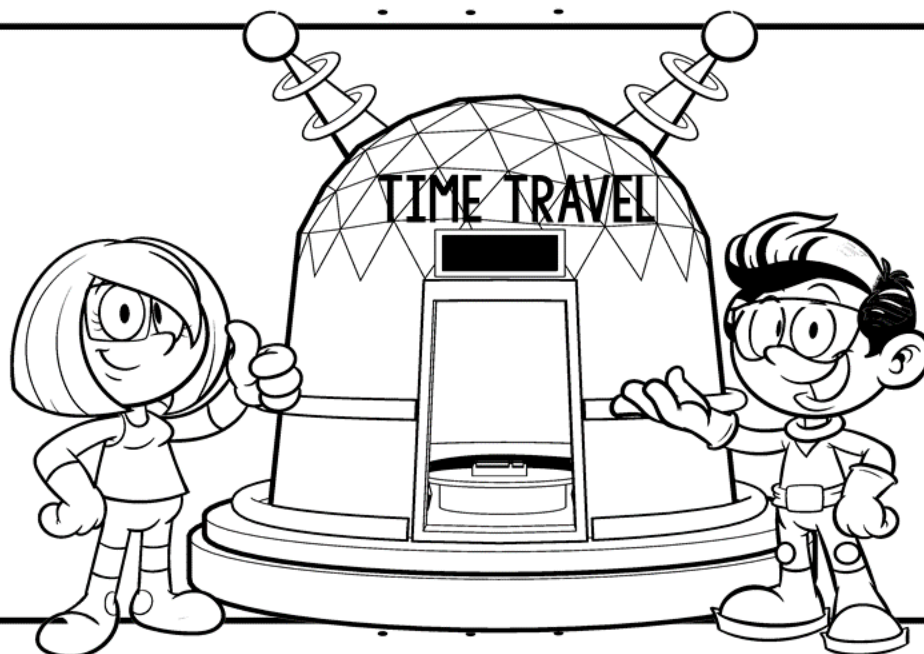
# OPTIMISM

## AN OPTIMISTIC WORLD

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

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

Let's time travel to the future, what is one way you would want people to show optimism more? Why?



Let's time travel to the past, what is one way you would have wanted people to show optimism more? Why?

# OPTIMISM

## SELF-REFLECTION

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

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

We all make mistakes, that is how we learn! Think of one example of a time where you did NOT show optimistic behavior.

I was NOT optimistic when I...

○

○

.

What I learned...

○

○

.

This is how I will be more optimistic...

○

○

.



# OPTIMISM

## SELF-REFLECTION

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

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

Think about what optimism means to you and how you like to show optimism or have others show optimism to you.

One way I would like to show optimism



	<p>• •</p> <p>•</p> <p>• •</p>
--	--------------------------------

One way I would want optimism shown to me



	<p>• •</p> <p>•</p> <p>• •</p>
--	--------------------------------

Optimism is important to me because



	<p>• •</p> <p>•</p> <p>• •</p>
--	--------------------------------

# OPTIMISM

## SELF-REFLECTION

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

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

Think about the ways you show optimism, pick one that you feel you are consistent in doing and reflects your good character.



I show optimism by:

**I CAN SHOW**  
**OPTIMISM**

# OPTIMISM

## SELF-REFLECTION

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

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

Think about the ways you show optimism, pick one that you feel you are consistent in doing and reflects your good character.



I show optimism by:

**I CAN SHOW**  
**OPTIMISM**

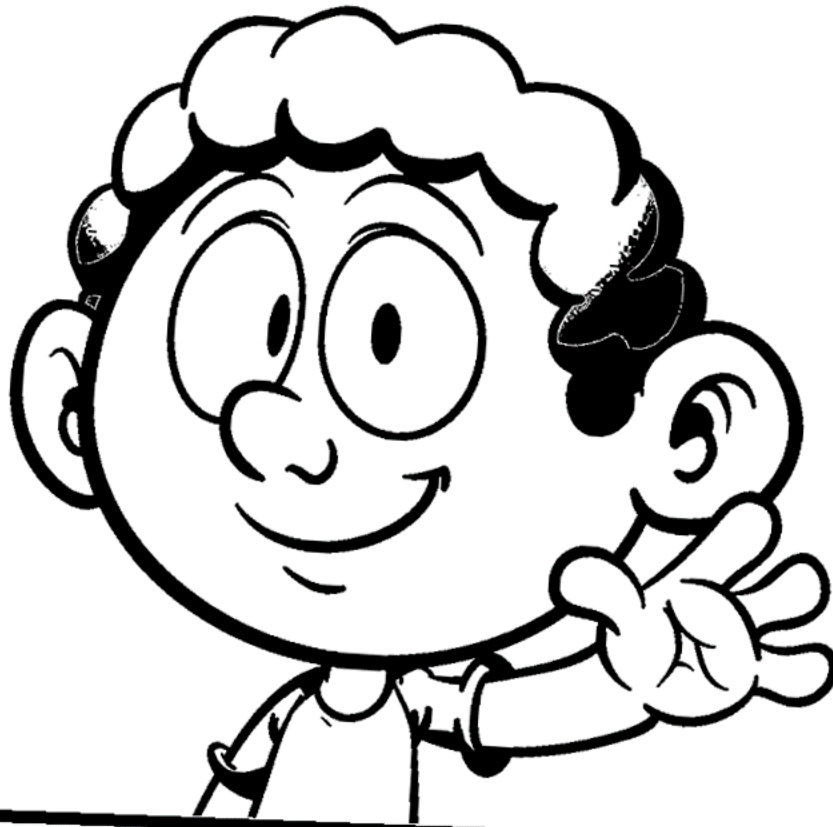
# OPTIMISM

## SELF-REFLECTION

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

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

Think about the ways you show optimism, pick one that you feel you are consistent in doing and reflects your good character.



I show optimism by:

**I CAN SHOW**  
**OPTIMISM**

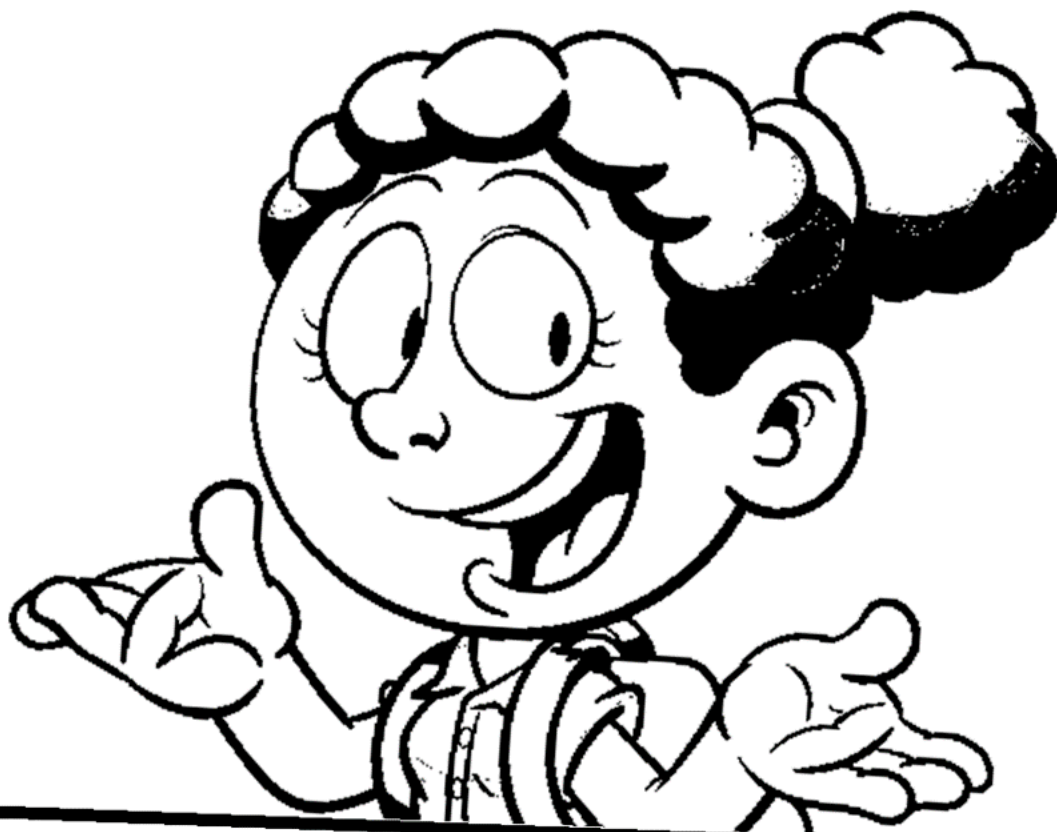
# OPTIMISM

## SELF-REFLECTION

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

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

Think about the ways you show optimism, pick one that you feel you are consistent in doing and reflects your good character.



I show optimism by:

**I CAN SHOW**  
**OPTIMISM**



# OPTIMISM

## TASK CARDS

# TASK

## THINK & DISCUSS

# CARDS



### TIPS FOR USING TASK CARDS

- Encourage students to think about each question and share their response.
- Pair students together to have them take turns answering the task cards.
- Use the task cards as a center activity.
- To make it a writing activity, have students write their responses on paper.
- To make it a class wide activity, read the card out loud and encourage student responses. (see included PowerPoint slides to display on board)

### DIG DEEPER QUESTIONS

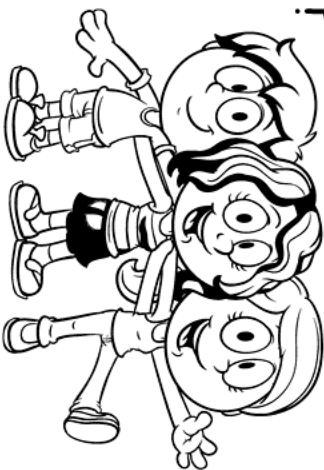
- Are there multiple answers that could be considered optimistic decisions?
- How are your responses different or similar to other students?
- Why are some of our responses similar or different?
- What impacts our decision to be optimistic or negative?
- Does one negative decision make you a negative person?
- What will happen if you repeatedly make negative decisions?

# OPTIMISM

What are some ways to show optimism in your classroom?



THINK & DISCUSS

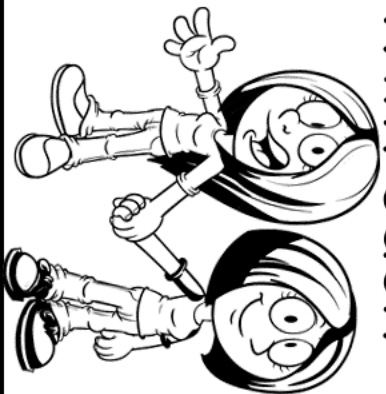


# OPTIMISM

How do friends show optimism with each other?



THINK & DISCUSS



# OPTIMISM

How do teammates show optimism with each other?



THINK & DISCUSS



# OPTIMISM

What are ways you can show optimism when you are online?



THINK & DISCUSS

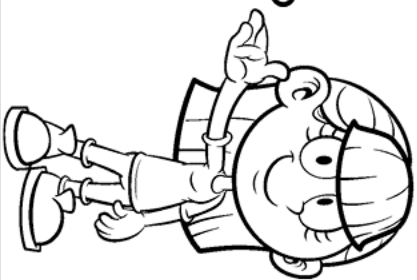


# OPTIMISM



## THINK & DISCUSS

What are some examples of situations that you should show optimism?



# OPTIMISM



## THINK & DISCUSS

What are ways to show optimism as a student?

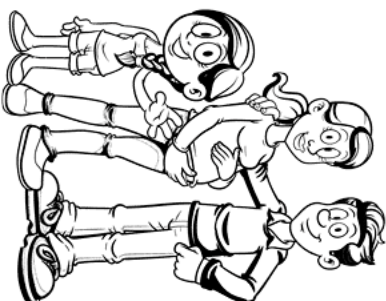


# OPTIMISM



## THINK & DISCUSS

What are ways to show optimism as a family member?

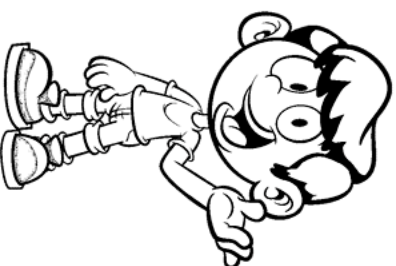


# OPTIMISM



## THINK & DISCUSS

Think of someone who shows optimism. How do they show it?



# OPTIMISM

Is helping someone see the positive side of things being optimistic? Why?



**THINK & DISCUSS**

# OPTIMISM

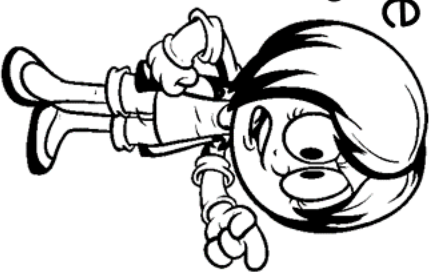
What is one way you show optimism?



**THINK & DISCUSS**

# OPTIMISM

Is pointing out the chances of failure being optimistic? Why?



**THINK & DISCUSS**

# OPTIMISM

How can you show optimism in the cafeteria?



**THINK & DISCUSS**

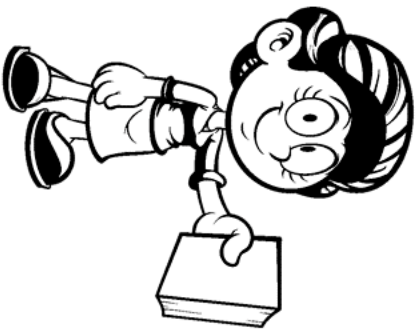


# OPTIMISM

How can  
you show  
optimism in  
the library?



**THINK & DISCUSS**

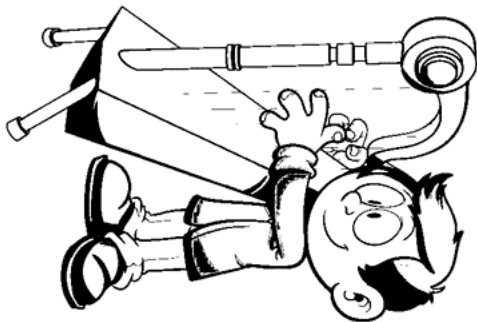


# OPTIMISM

How can  
you show  
optimism in  
the music  
room?



**THINK & DISCUSS**

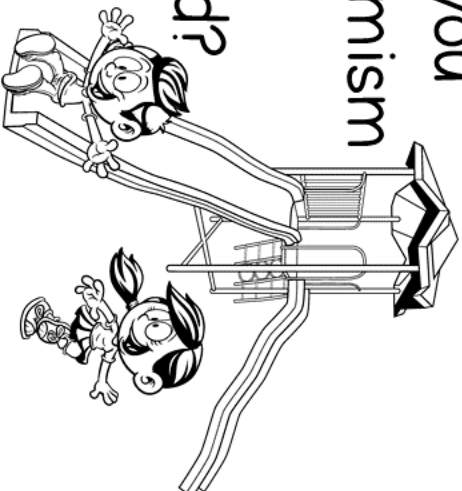


# OPTIMISM

How can you  
show optimism  
on the  
playground?



**THINK & DISCUSS**



# OPTIMISM

How can  
you show  
optimism  
in the art  
room?



**THINK & DISCUSS**



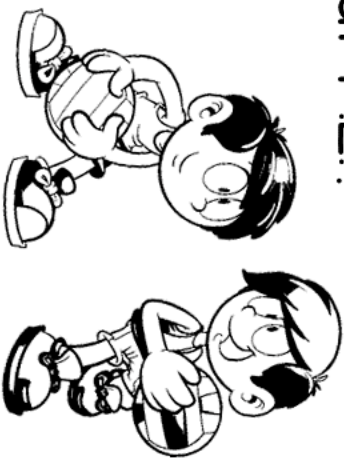


# OPTIMISM



## THINK & DISCUSS

How can you show optimism at P.E.?



# OPTIMISM



## THINK & DISCUSS

How can you show optimism in the school hallway?



# OPTIMISM



## THINK & DISCUSS

How can you show optimism at Recess?

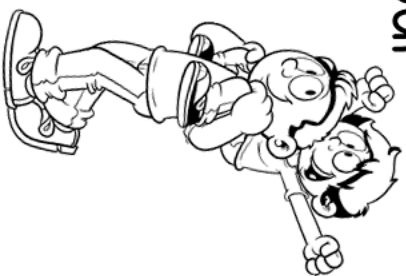


# OPTIMISM



## THINK & DISCUSS

How can you show optimism with your parents?



# OPTIMISM

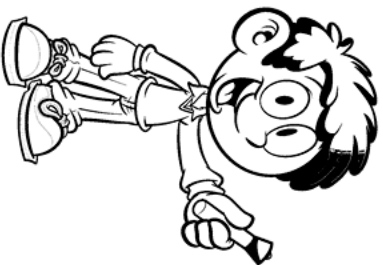
What are the  
easiest ways to  
show optimism?



**THINK & DISCUSS**

# OPTIMISM

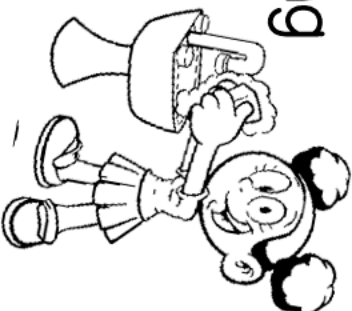
How can you  
show optimism  
with your  
teacher?



**THINK & DISCUSS**

# OPTIMISM

Is doing your chores  
with a positive  
attitude showing  
optimism?  
Why?



**THINK & DISCUSS**

# OPTIMISM

Is encouraging  
others to do their  
best showing  
show optimism?  
Why?



**THINK & DISCUSS**

# OPTIMISM

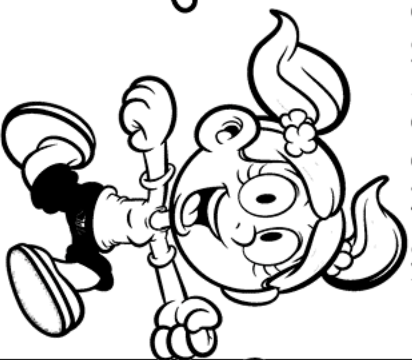
What happens  
when you don't  
show  
optimism?



THINK & DISCUSS

# OPTIMISM

Are you showing  
optimism if you look at  
mistakes as  
learning  
opportunities?  
Why?



THINK & DISCUSS

# OPTIMISM

Are you showing  
optimism if you  
speak  
negatively?  
Why?



THINK & DISCUSS

# OPTIMISM

Are you showing  
optimism if you use a  
growth  
mindset?  
How?



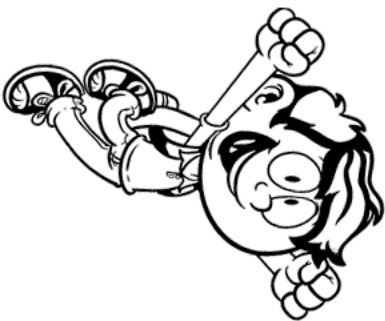
THINK & DISCUSS

# OPTIMISM



## THINK & DISCUSS

Are you showing optimism if you look on the bright side of things? Why?



# OPTIMISM



## THINK & DISCUSS

Are you showing optimism if you complain? Why?



# OPTIMISM



## THINK & DISCUSS

Are you showing optimism if you focus on finding solutions instead of focusing on the problem? Why?

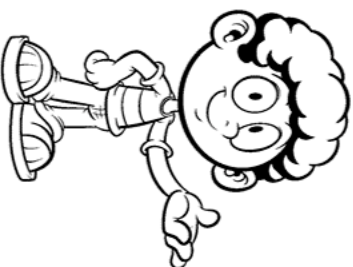


# OPTIMISM



## THINK & DISCUSS

Are you showing optimism if you think the worst will happen? Why?



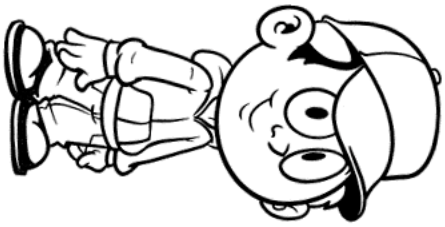


# OPTIMISM



## THINK & DISCUSS

How can showing optimism change the way that others view you?



# OPTIMISM



## THINK & DISCUSS

What are the hardest ways to show optimism?

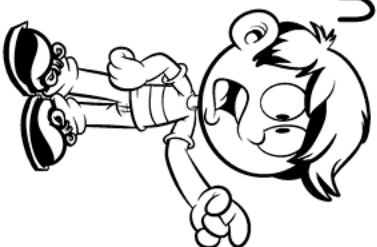


# OPTIMISM



## THINK & DISCUSS

When someone shows pessimism frequently how do others view them?



# OPTIMISM



## THINK & DISCUSS

Is showing optimism an important character trait to have in a friend?





# OPTIMISM

Is showing optimism an important character trait for a leader to have?



**THINK & DISCUSS**



# OPTIMISM

Is showing optimism an important character trait to have when using a phone or computer?

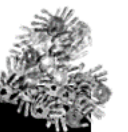


**THINK & DISCUSS**



# OPTIMISM

Is showing optimism an important character trait for a student to have?



**THINK & DISCUSS**



# OPTIMISM

Is showing optimism an important character trait to show working in a career?



**THINK & DISCUSS**



# SITUATION

## WHAT WOULD YOU DO?

# CARDS

### TIPS FOR USING CARDS

- Encourage students to think about each scenario and what they would do.
- Pair students together to have them take turns answering the task cards.
- Use the task cards during centers having students answer in small groups.
- To make it a writing activity, have students write their responses on paper or in their journals.
- For a class wide activity or morning meeting, use the included PowerPoint slides



### DIG DEEPER QUESTIONS

- What is the optimistic thing to do and why?
- What are the possible consequences of this decision?
- What are the possible positive results of this decision?
- What would happen if an alternative decision was made?
- Does your decision help or hurt others?
- Is what you want to do different than the optimistic thing to do? Why?
- What are all the different decisions that could be made?

# OPTIMISM

## WHAT WOULD YOU DO?

You fall off your bike while learning to ride without training wheels.



What is the optimistic thing to do?

# OPTIMISM

## WHAT WOULD YOU DO?

Your friend is sad because they didn't get invited to a birthday party.



What is the optimistic thing to do?

# OPTIMISM

## WHAT WOULD YOU DO?

It's raining outside, and you had plans to play with a friend at the park.

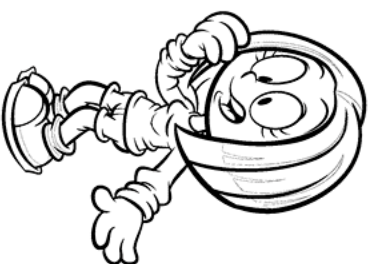


What is the optimistic thing to do?

# OPTIMISM

## WHAT WOULD YOU DO?

Your favorite toy breaks, and you can't fix it.



What is the optimistic thing to do?

# OPTIMISM

## WHAT WOULD YOU DO?

You didn't get the grade you wanted on a school project.

What is the optimistic thing to do?



# OPTIMISM

## WHAT WOULD YOU DO?

Your team loses a game in PE class.

What is the optimistic thing to do?



# OPTIMISM

## WHAT WOULD YOU DO?

You forget your lunch at home, and it's too late to go back.

What is the optimistic thing to do?



# OPTIMISM

## WHAT WOULD YOU DO?

Your friend is having a bad day and is being mean to everyone.

What is the optimistic thing to do?





# OPTIMISM

## WHAT WOULD YOU DO?

You're nervous about starting a new school year with new classmates.



What is the optimistic thing to do?

# OPTIMISM

## WHAT WOULD YOU DO?

Your painting project didn't turn out as you planned.



What is the optimistic thing to do?

# OPTIMISM

## WHAT WOULD YOU DO?

You make a mistake in a spelling bee competition.



What is the optimistic thing to do?

# OPTIMISM

## WHAT WOULD YOU DO?

Your classmate accidentally spills juice on your favorite book.



What is the optimistic thing to do?



# OPTIMISM

## WHAT WOULD YOU DO?

You forget the lyrics to a song during a music performance.



What is the optimistic thing to do?

# OPTIMISM

## WHAT WOULD YOU DO?

You're scared to try a new activity at recess.

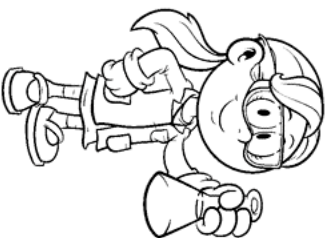


What is the optimistic thing to do?

# OPTIMISM

## WHAT WOULD YOU DO?

Your science experiment doesn't work as expected.



What is the optimistic thing to do?

# OPTIMISM

## WHAT WOULD YOU DO?

Your teacher partners you with a student that you don't know well.



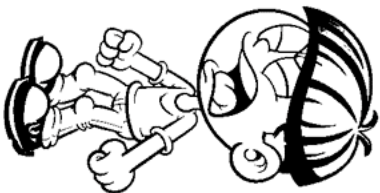
What is the optimistic thing to do?

# OPTIMISM

## WHAT WOULD YOU DO?

You're having a hard time solving a math problem.

What is the optimistic thing to do?



# OPTIMISM

## WHAT WOULD YOU DO?

You miss the school bus and have no other way to get to school.

What is the optimistic thing to do?

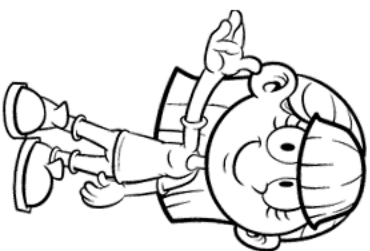


# OPTIMISM

## WHAT WOULD YOU DO?

Your friend moves away and you'll miss them.

What is the optimistic thing to do?



# OPTIMISM

## WHAT WOULD YOU DO?

You're feeling tired and bored during a long car ride.

What is the optimistic thing to do?

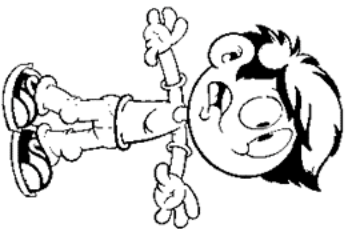


# OPTIMISM

## WHAT WOULD YOU DO?

You're afraid of speaking in front of the class during a presentation.

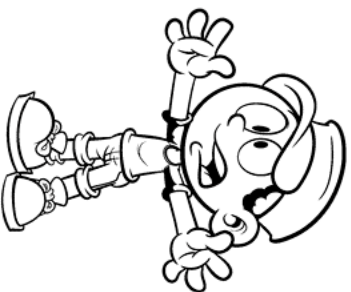
What is the optimistic thing to do?



## WHAT WOULD YOU DO?

You accidentally spill your drink on your new shirt.

What is the optimistic thing to do?

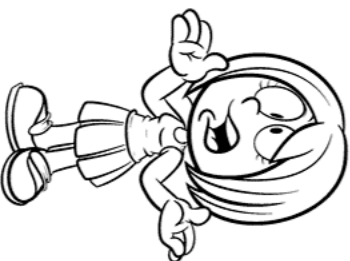


# OPTIMISM

## WHAT WOULD YOU DO?

Your sibling gets a better grade than you on a test.

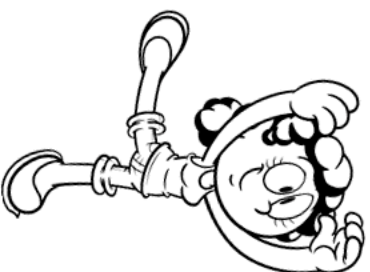
What is the optimistic thing to do?



## WHAT WOULD YOU DO?

You're chosen as a backup dancer instead of a lead role in the school play.

What is the optimistic thing to do?



# OPTIMISM

## WHAT WOULD YOU DO?

Your best friend moves to a different town.

What is the optimistic thing to do?



# OPTIMISM

## WHAT WOULD YOU DO?

You lose a game of basketball during recess even though you have been practicing a lot.

What is the optimistic thing to do?

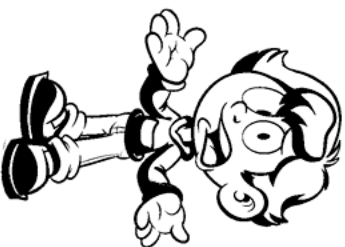


# OPTIMISM

## WHAT WOULD YOU DO?

You forgot to bring your homework to school.

What is the optimistic thing to do?



# OPTIMISM

## WHAT WOULD YOU DO?

You get a small scrape on your knee while playing outside.

What is the optimistic thing to do?

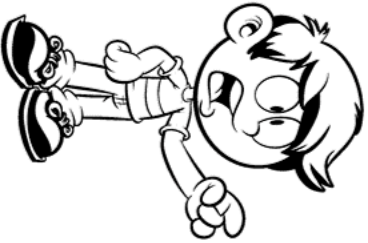




# OPTIMISM

## WHAT WOULD YOU DO?

Your parents accidentally broke one of your toys when they were cleaning.



What is the optimistic thing to do?

# OPTIMISM

## WHAT WOULD YOU DO?

You're struggling to zip your backpack. You are feeling very frustrated.



What is the optimistic thing to do?

# OPTIMISM

## WHAT WOULD YOU DO?

You're feeling nervous about being on morning announcements.



What is the optimistic thing to do?

# OPTIMISM

## WHAT WOULD YOU DO?

You REALLY want to win first place at the school fundraiser but you know your friend Thomas has raised a lot of money too.



What is the optimistic thing to do?



# OPTIMISM

## WHAT WOULD YOU DO?

Your classmates are not including you in their game.

What is the optimistic thing to do?



## WHAT WOULD YOU DO?

Your science experiment doesn't produce the expected results.

What is the optimistic thing to do?



# OPTIMISM

## WHAT WOULD YOU DO?

You're having difficulty memorizing your multiplication tables.

What is the optimistic thing to do?



## WHAT WOULD YOU DO?

You're chosen as the last pick for a team during gym class.

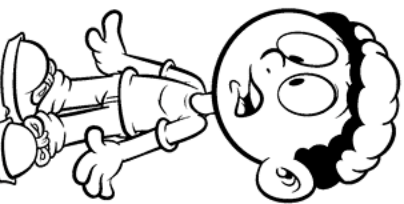
What is the optimistic thing to do?



# OPTIMISM

## WHAT WOULD YOU DO?

Your teacher announces a surprise quiz.



What is the optimistic thing to do?

# OPTIMISM

## WHAT WOULD YOU DO?

You accidentally rip a page in your favorite coloring book.



What is the optimistic thing to do?

# OPTIMISM

## WHAT WOULD YOU DO?

You're having trouble making a new friend in your class.

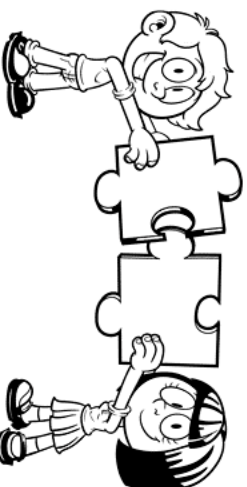


What is the optimistic thing to do?

# OPTIMISM

## WHAT WOULD YOU DO?

You're struggling to solve a challenging puzzle.



What is the optimistic thing to do?

# OPTIMISM

**BELIEVING THAT**

*good things*

**WILL HAPPEN**

**AND HAVING** *hope*

**FOR THE** *future.*

CHARACTER EDUCATION

# OPTIMISM

**BELIEVING THAT**

*good things* **WILL**

**HAPPEN AND**

**HAVING**

*hope* **FOR**

**THE** *future.*



CHARACTER EDUCATION

# OPTIMISM

**BELIEVING THAT**

*good things* **WILL**

**HAPPEN AND**

**HAVING**

*hope* **FOR**

**THE** *future.*



CHARACTER EDUCATION



# OPTIMISM

**BELIEVING THAT *good things* WILL HAPPEN  
AND HAVING *hope* FOR THE future.**

Focus on the  
positive.

---

Use mistakes  
as learning  
opportunities.

---

Encourage  
others.

---

Celebrate  
small wins.

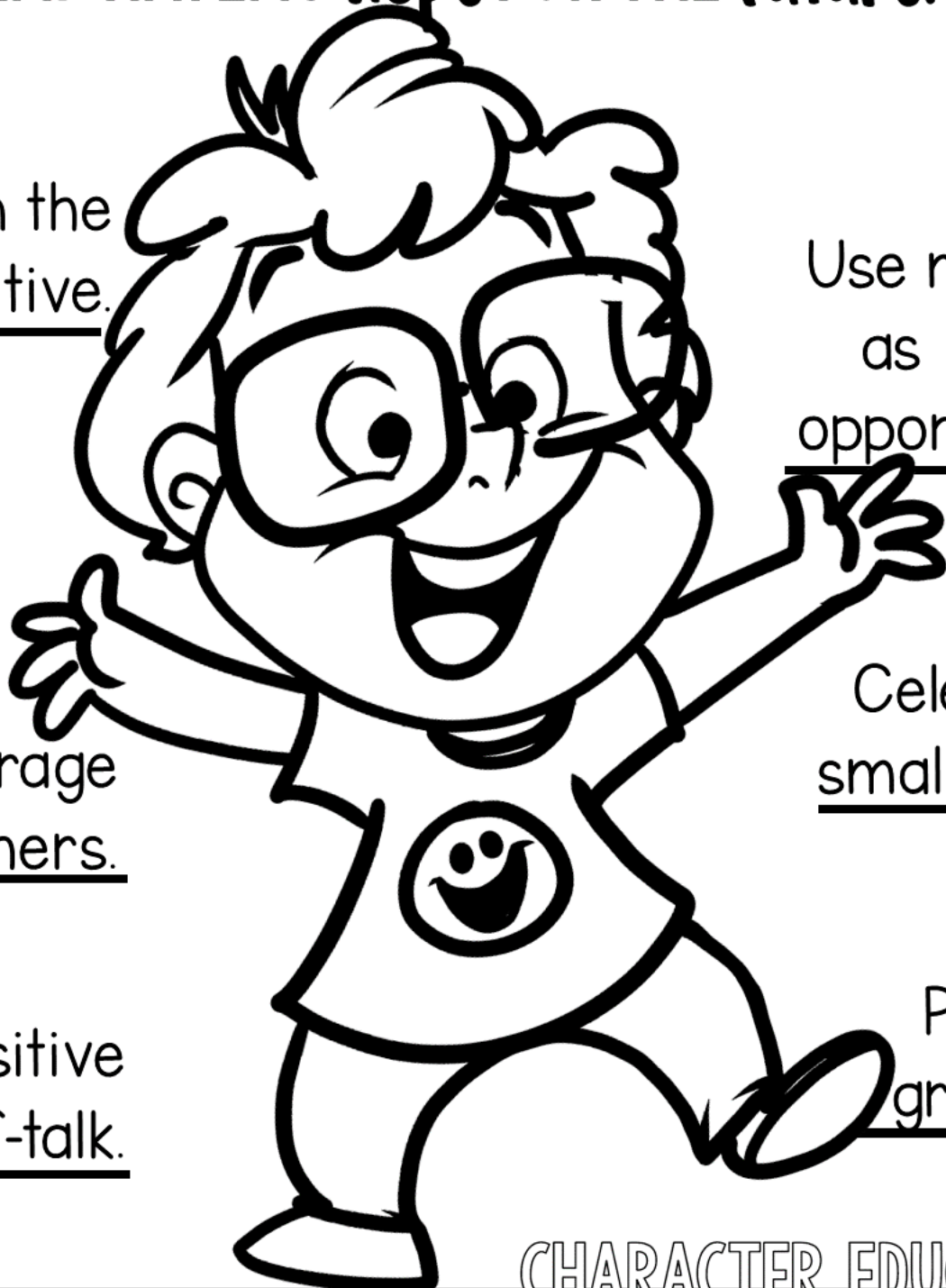
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Use positive  
self-talk.

---

Practice  
gratitude.

---



**CHARACTER EDUCATION**

# QUOTE ABOUT

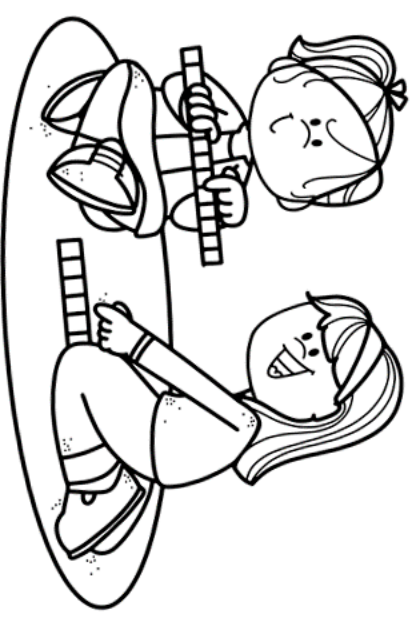
## OPTIMISM

“THE PESSIMIST SEES DIFFICULTY  
IN EVERY OPPORTUNITY. THE  
OPTIMIST SEES OPPORTUNITY IN  
EVERY DIFFICULTY.”

- WINSTON CHURCHILL

# STUDENTS WITH

# OPTIMISM



## MAINTAINING A POSITIVE ATTITUDE IN SCHOOL.

- ✱ Approach challenges with a growth mindset
  - ✱ Celebrate small wins.
  - ✱ Encourage others.
- ✱ Use mistakes as learning opportunities.

# CAREERS WITH

# OPTIMISM



## HAIRSTYLIST

A hairstylist is a skilled professional who cuts, styles, and colors hair to help clients look and feel their best. They stay up to date on the latest trends and techniques, offering personalized advice to enhance each person's appearance. Beyond their technical skills, hairdressers often serve as confidants, creating a welcoming and uplifting atmosphere for their clients. Optimism is essential in their careers, as they approach each day with a positive attitude, ensuring clients leave feeling more confident and refreshed. Even when faced with challenging requests or difficult days, they maintain enthusiasm and creativity, knowing their work can brighten someone's day and boost their self-esteem.

# LEADERS WITH

# OPTIMISM

## HELEN KELLER



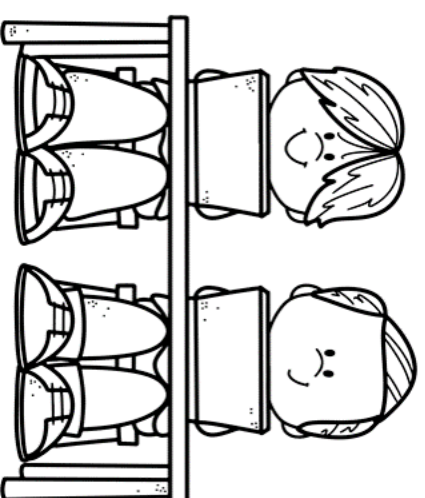
Helen Keller is known for overcoming the challenges of being deaf and blind to become a renowned author, activist, and lecturer. Despite losing her sight and hearing at a young age due to illness, she learned to communicate with the help of her teacher. Keller's optimism was evident in her determination to achieve an education, becoming the first deaf-blind person to earn a college degree. She dedicated her life to advocating for people with disabilities, women's rights, and social justice. Her unwavering positivity and belief in the power of optimism inspired many, as she once said, "Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."

CHARACTER EDUCATION



# DIGITAL

# OPTIMISM

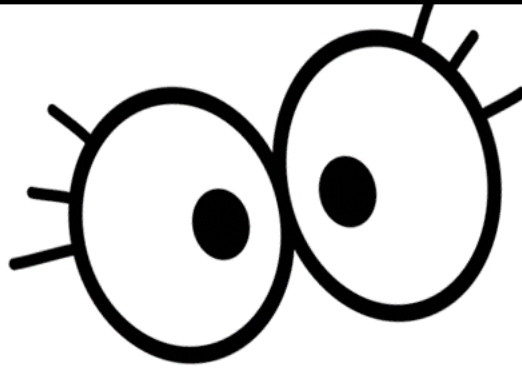


**BELIEVING THAT WITH THE RIGHT MINDSET AND  
APPROACH, TECHNOLOGY CAN BE A FORCE FOR GOOD.**

- ✱ Before you press send, think, is it positive?
- ✱ Using social media to spread positive messages or raise awareness for causes.
- ✱ Using technology to help solve problems.

# OPTIMISM

## LOOKS LIKE



- \* I raise my hand to try.
- \* I try again after a mistake.
- \* I smile despite challenges.
- \* I help a friend stay positive.
- \* I encourage my team.
- \* I work to solve a problem.
- \* I stand tall and show enthusiasm.

# OPTIMISM

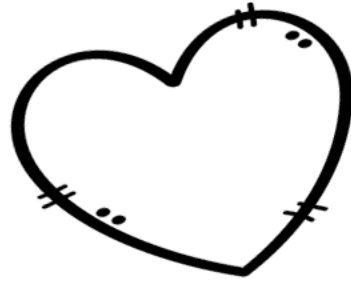
## SOUNDS LIKE



- ✱ I use positive self-talk.
- ✱ I offer support.
- ✱ I suggest solutions.
- ✱ I don't complain.
- ✱ I encourage others and myself.
- ✱ I ask hopeful questions.
- ✱ I offer gratitude.

# OPTIMISM

## FEELS LIKE

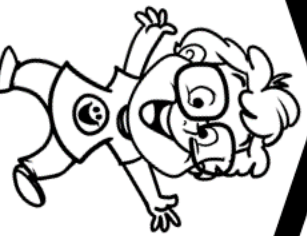


- \* I believe things will get better.
- \* I feel like it will be ok.
- \* I have confidence that things will work out.
- \* I have hope for the future.
- \* I feel inner peace.
- \* I feel a sense of happiness and resilience.

# MY OPTIMISM PLEDGE

This is how I am going to show Optimism:

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Pledge by: \_\_\_\_\_



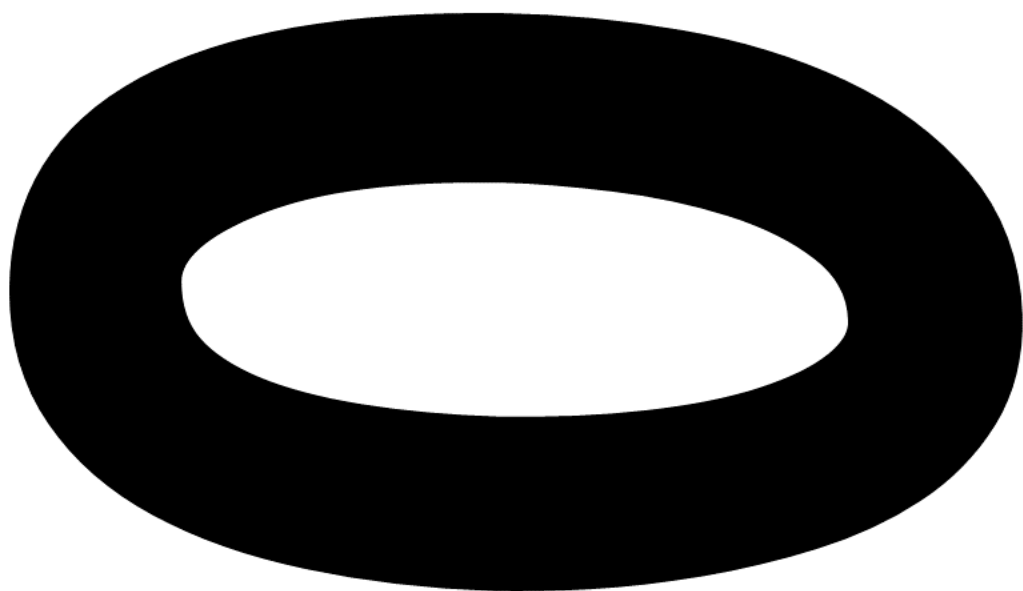
# MY OPTIMISM PLEDGE

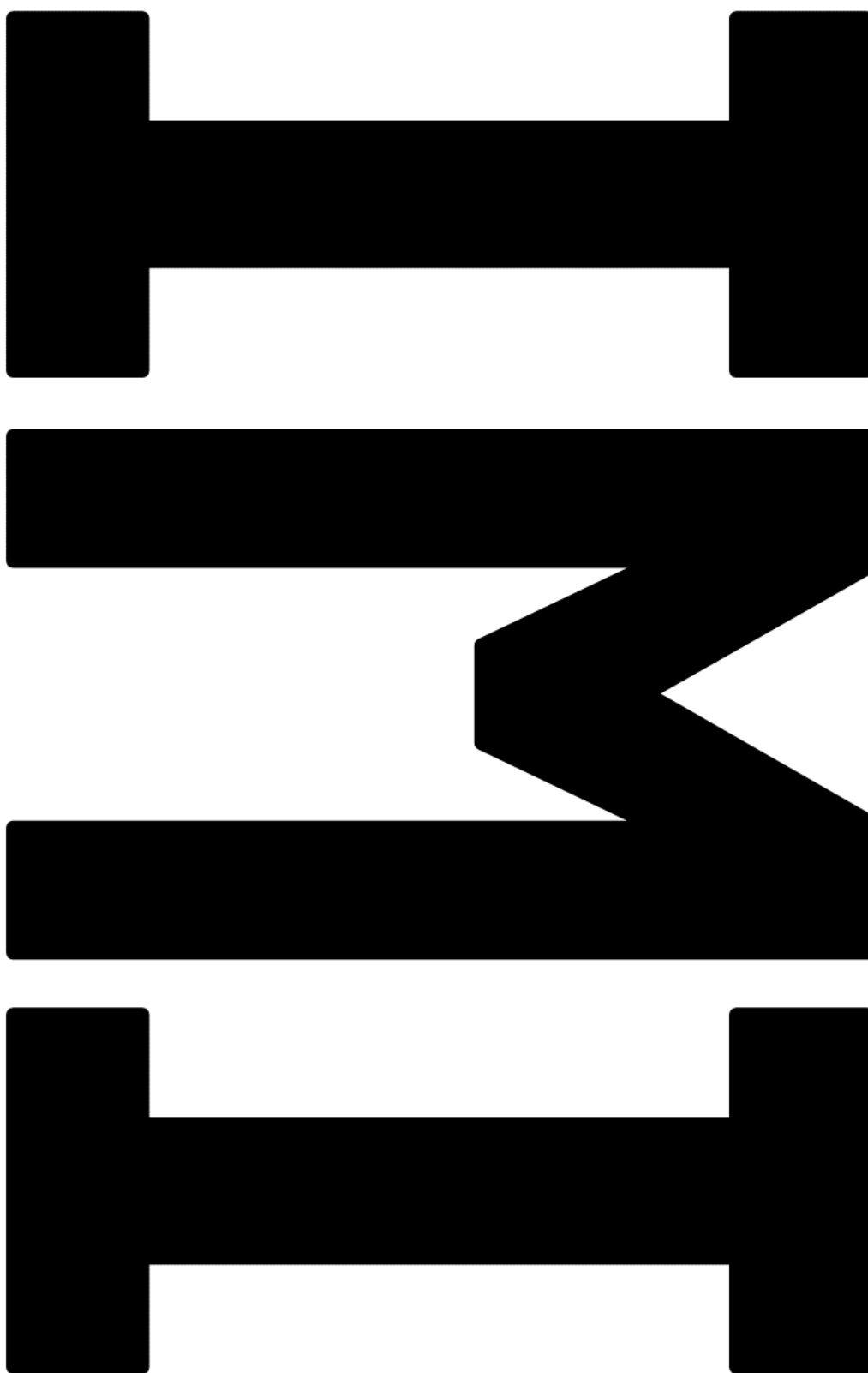
This is how I am going to show Optimism:

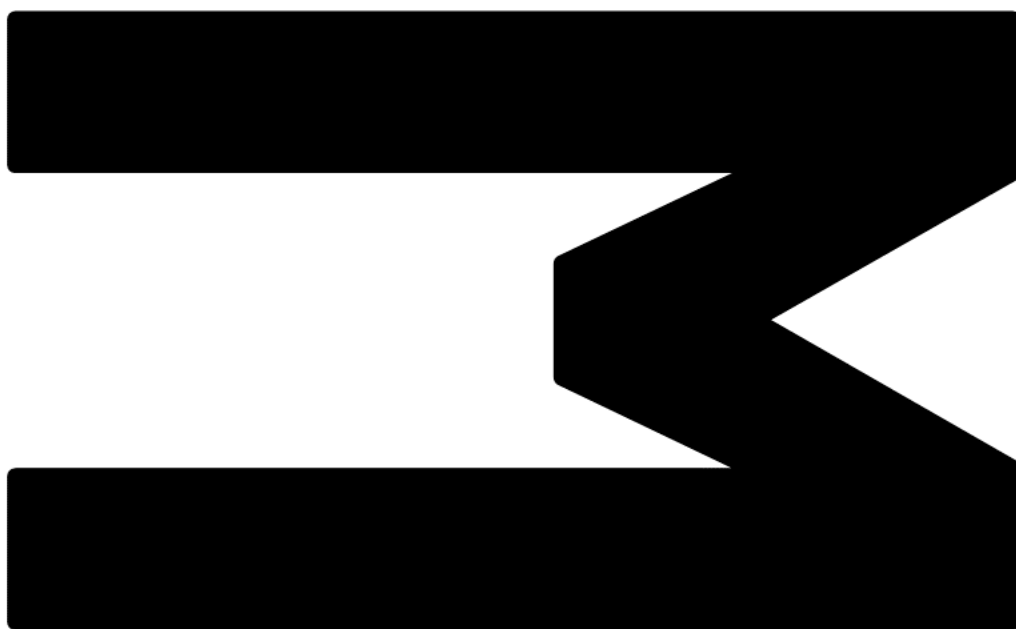
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Pledge by: \_\_\_\_\_







OPTIMISM



CHARACTER  
EDUCATION

2 INCH

OPTIMISM



CHARACTER  
EDUCATION

1.5 INCH

OPTIMISM



CHARACTER  
EDUCATION

1 INCH



# GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Character Education: Optimism.](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**

Otherwise they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post!

This product is meant to be used in "edit" mode (not "presentation" mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

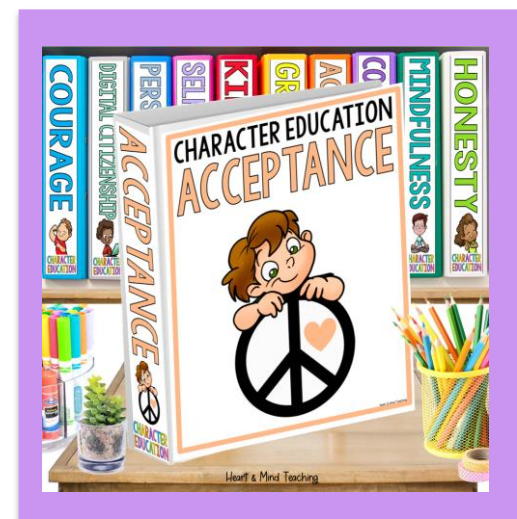
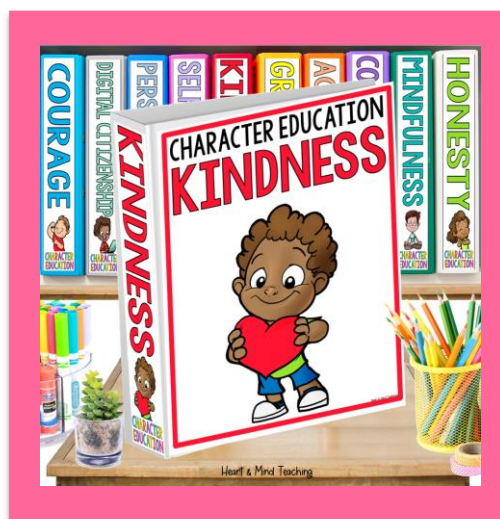
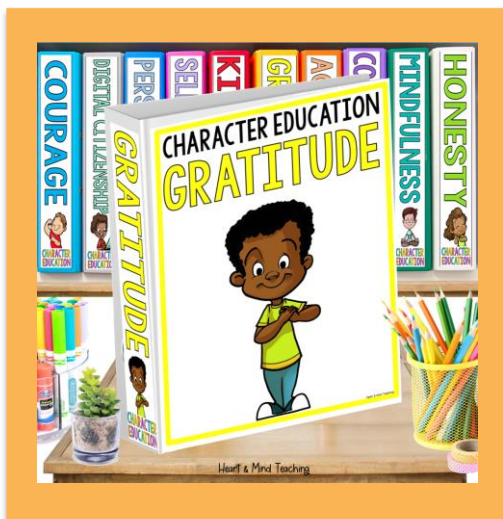
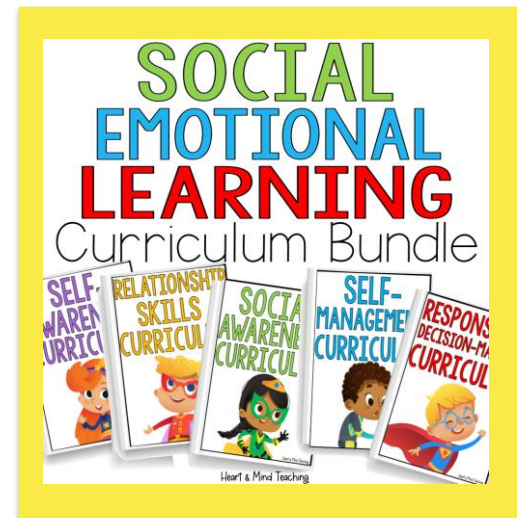
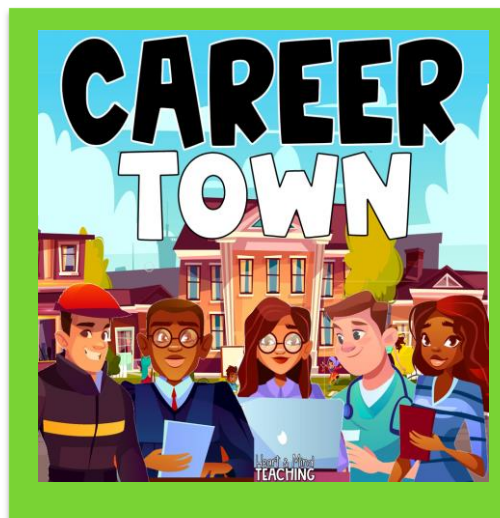
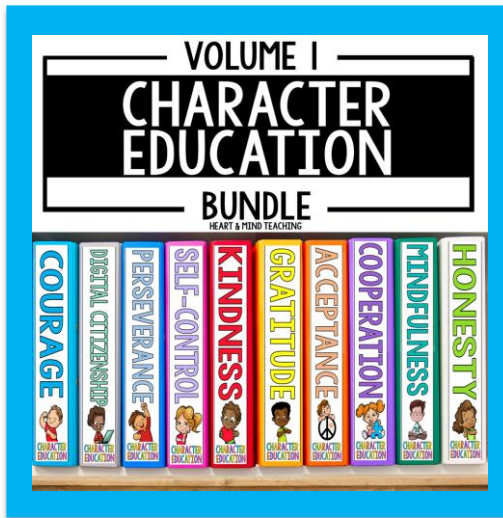
Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

# CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



**COUNSELOR**  
**Collab**  
— with Laura & Ashley —



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

**CLICK TO COLLAB**

## MEMBER Perks

- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.



# THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

## LET'S BE FRIENDS

Ashley

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