

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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OPTIMISM



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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HAVING
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THE *future*.



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:

Teacher



Date

OPTIMISM

GOOD CHARACTER AWARD

Presented to:



Teacher

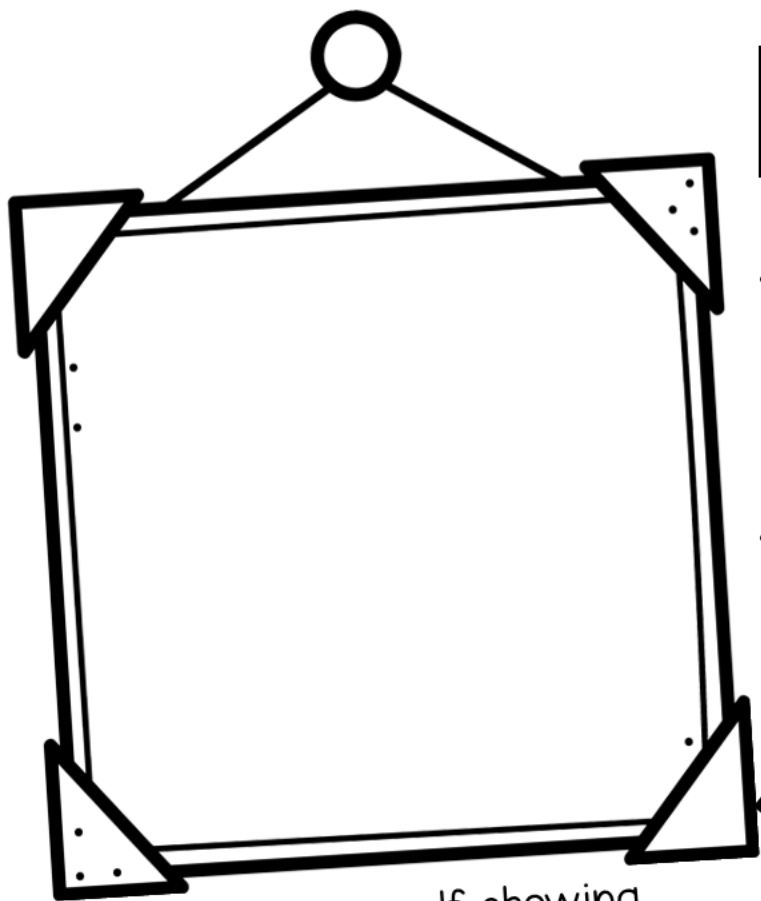
Date

OPTIMISM

WAYS TO BE OPTIMISTIC

Name: _____

Date: _____



Draw yourself showing optimism.

I can be optimistic by...



What does Optimism mean to me?



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.



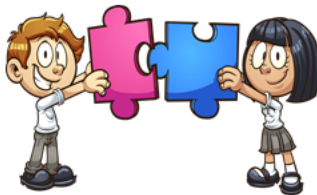
Show gratitude to your family.



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

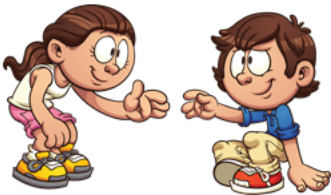
Name: _____

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

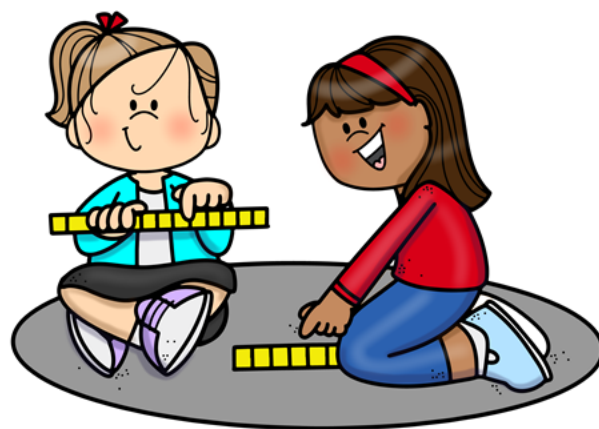
STUDENTS WITH CHARACTER

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?



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?



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?



OPTIMISM

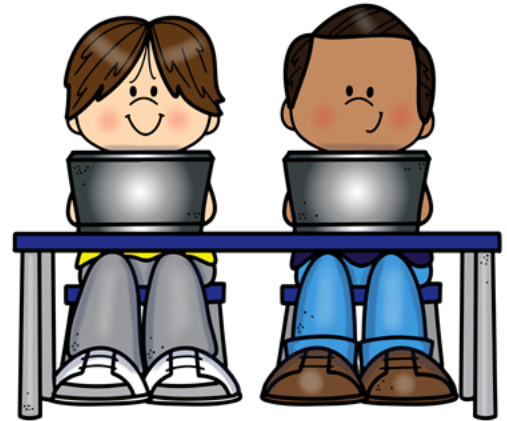
DIGITAL CHARACTER

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?





Cut and



paste onto next page

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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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.



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

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



She complains to her classmates about missing the trip.



She throws a fit and blames her parents.



He wrinkles it up and throws it away.

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



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: _____

Date: _____

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.

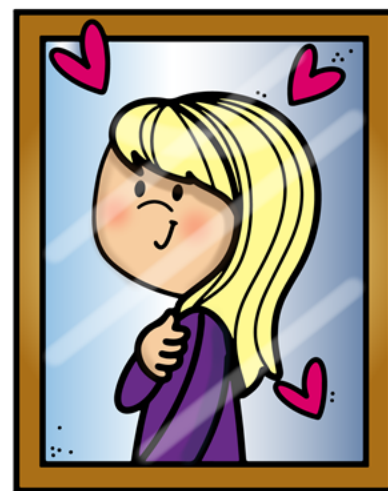
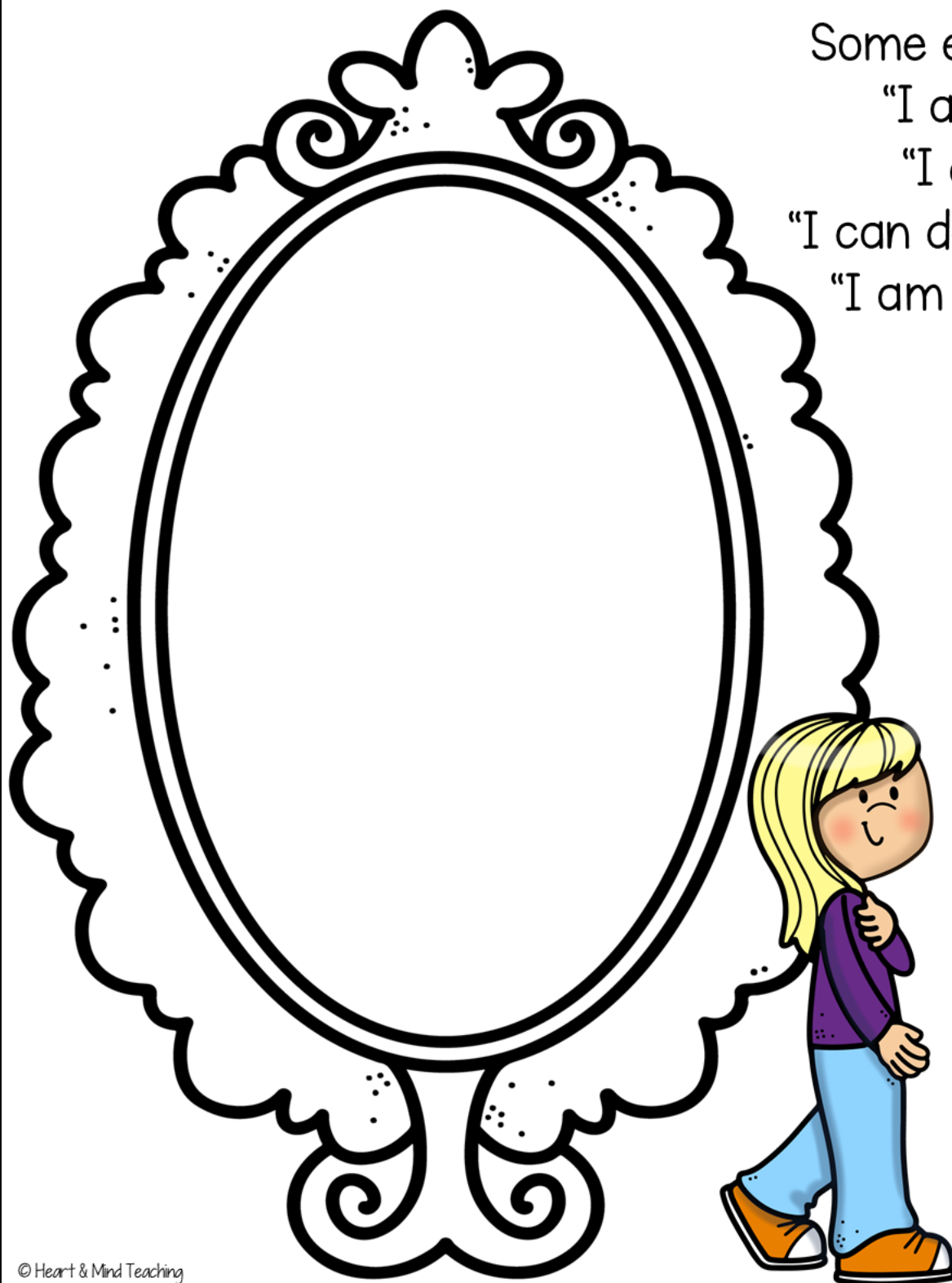
Some examples are:

"I am smart."

"I am kind."

"I can do hard things."

"I am a good friend."



OPTIMISM

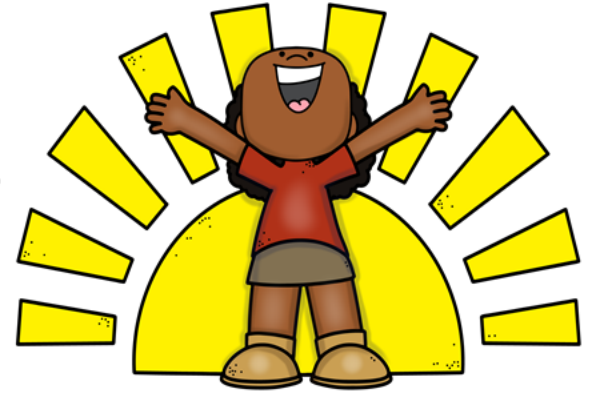
AN OPTIMISTIC WORLD

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

Parent/Guardian

Strangers

Friends

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

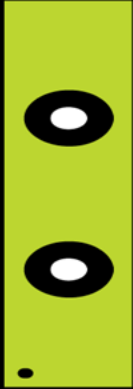
SELF-REFLECTION

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.

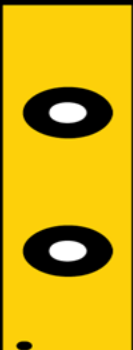
I was NOT optimistic when I...



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



THINK & DISCUSS

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



OPTIMISM



THINK & DISCUSS

What is one way you show optimism?



OPTIMISM



THINK & DISCUSS

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



OPTIMISM



THINK & DISCUSS

How can you show optimism in the cafeteria?

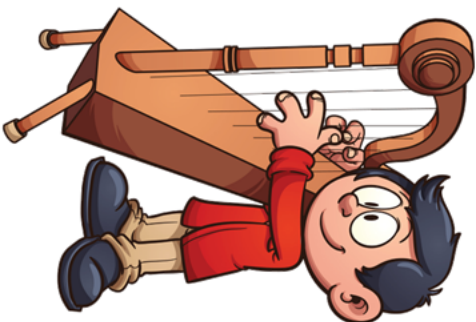


OPTIMISM

How can
you show
optimism in
the music
room?



THINK & DISCUSS



OPTIMISM

How can
you show
optimism in
the library?



THINK & DISCUSS



OPTIMISM

How can
you show
optimism
in the art
room?



THINK & DISCUSS

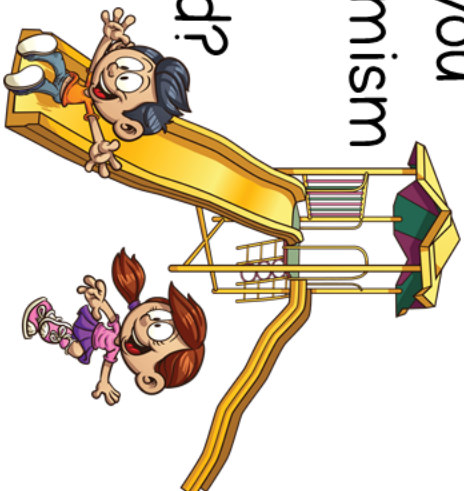


OPTIMISM

How can you
show optimism
on the
playground?



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



THINK & DISCUSS

What are the
easiest ways to
show optimism?



OPTIMISM



THINK & DISCUSS

How can you
show optimism
with your
teacher?



OPTIMISM



THINK & DISCUSS

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



OPTIMISM



THINK & DISCUSS

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



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?



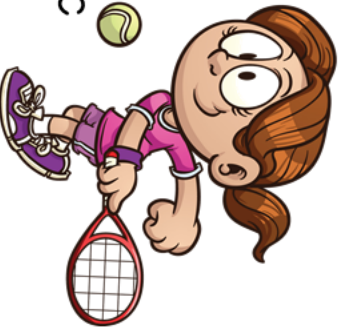
OPTIMISM



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.



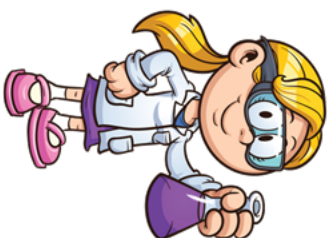
What is the optimistic thing to do?

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?

OPTIMISM



WHAT WOULD YOU DO?

You accidentally spill your drink on your new shirt.



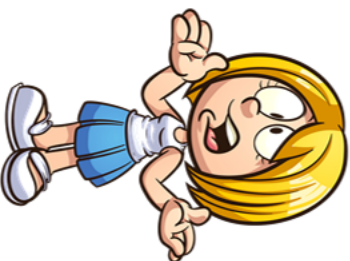
What is the optimistic thing to do?

OPTIMISM



WHAT WOULD YOU DO?

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



What is the optimistic thing to do?

OPTIMISM



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?

OPTIMISM



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?

OPTIMISM



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.



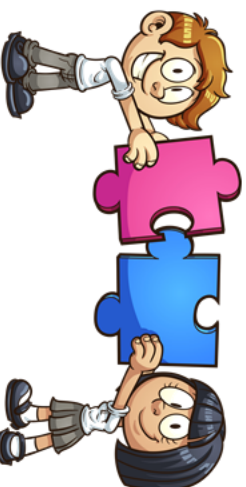
What is the optimistic thing to do?

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.*

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.

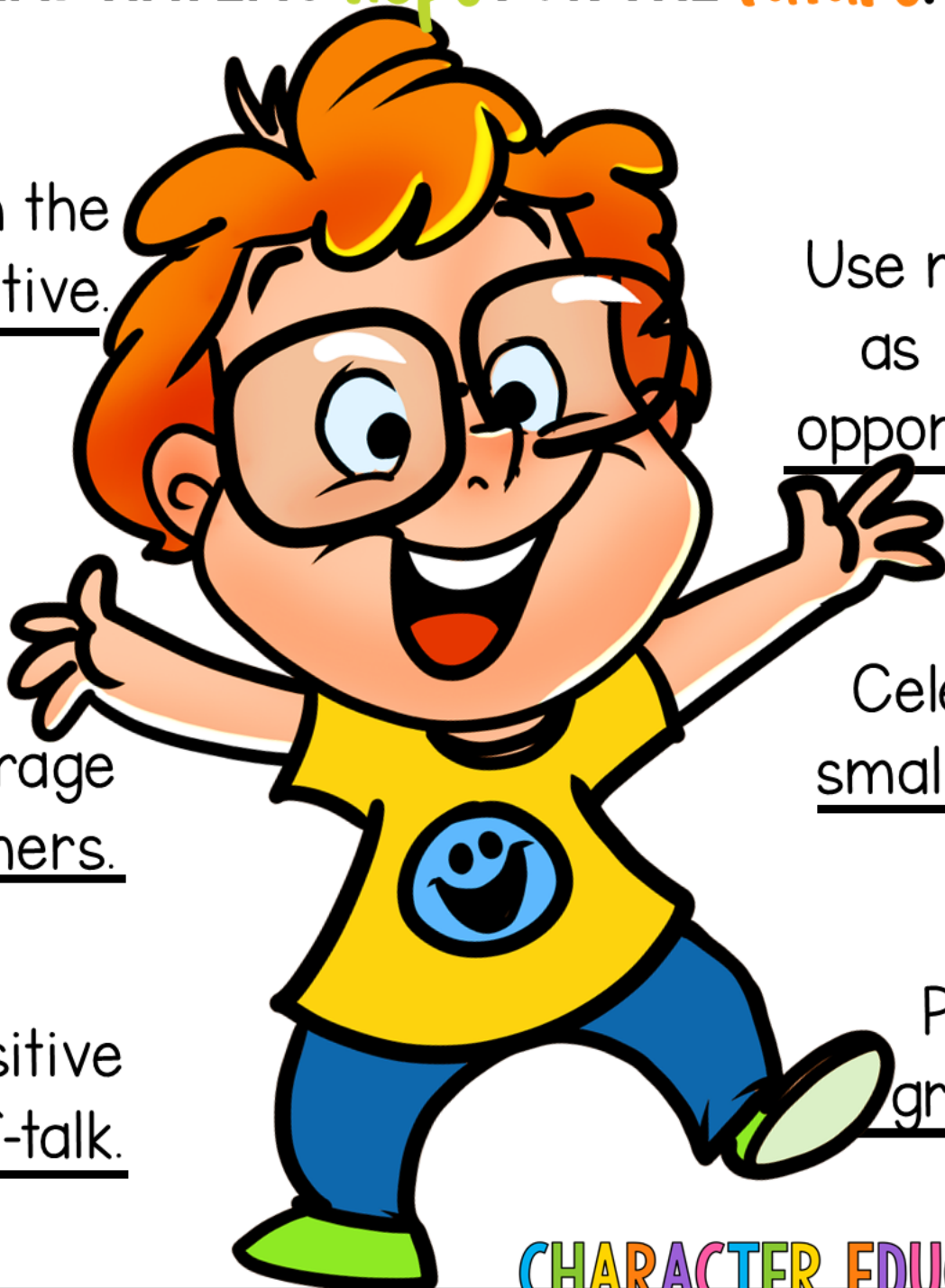
Use mistakes
as learning
opportunities.

Encourage
others.

Celebrate
small wins.

Use positive
self-talk.

Practice
gratitude.



CHARACTER EDUCATION

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QUOTE ABOUT

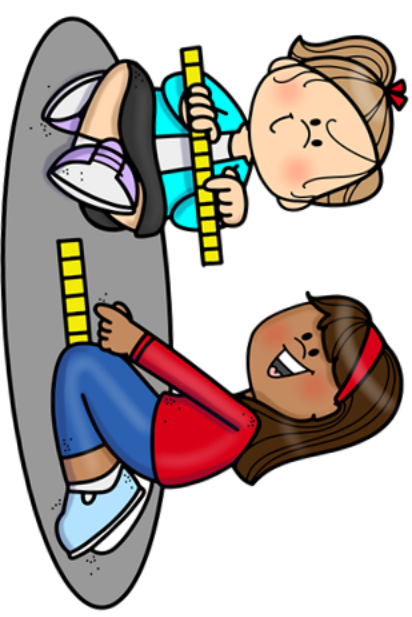
OPTIMISM

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

- WINSTON CHURCHILL

STUDENTS WITH

OPTIMISM

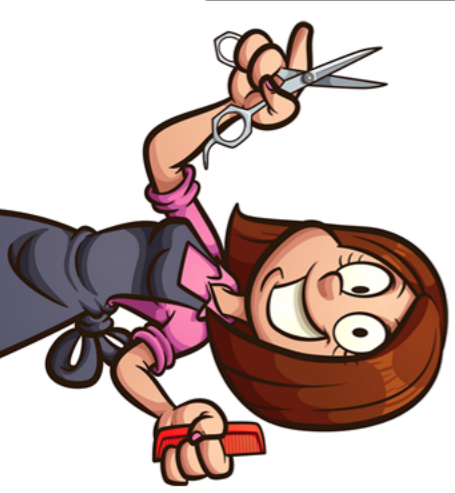


MAINTAINING A POSITIVE ATTITUDE IN SCHOOL.

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

CAREERS WITH

OPTIMISM



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



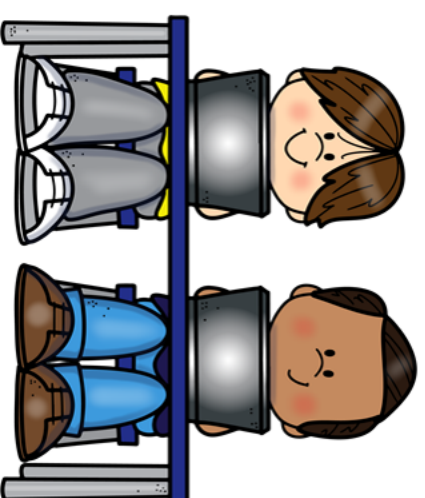
HELEN KELLER

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

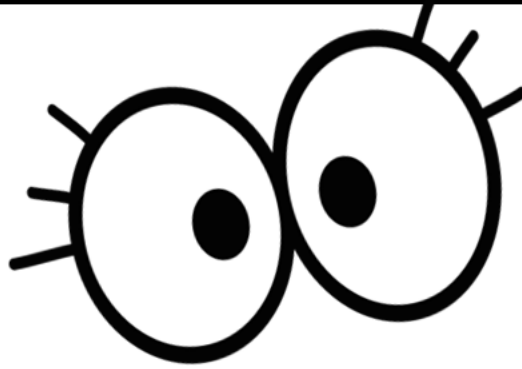


BELIEVING THAT WITH THE RIGHT MINDSET AND APPROACH, TECHNOLOGY CAN BE A FORCE FOR GOOD.

- ✦ 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

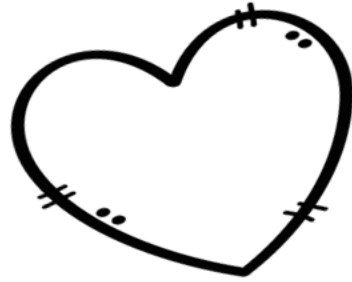
SOUNDS LIKE



- * 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:

--	--	--



Pledge by: _____

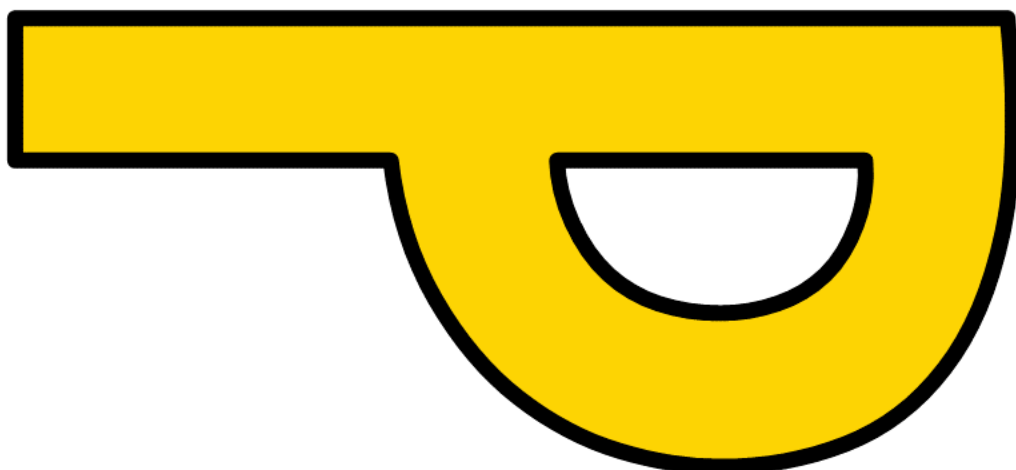
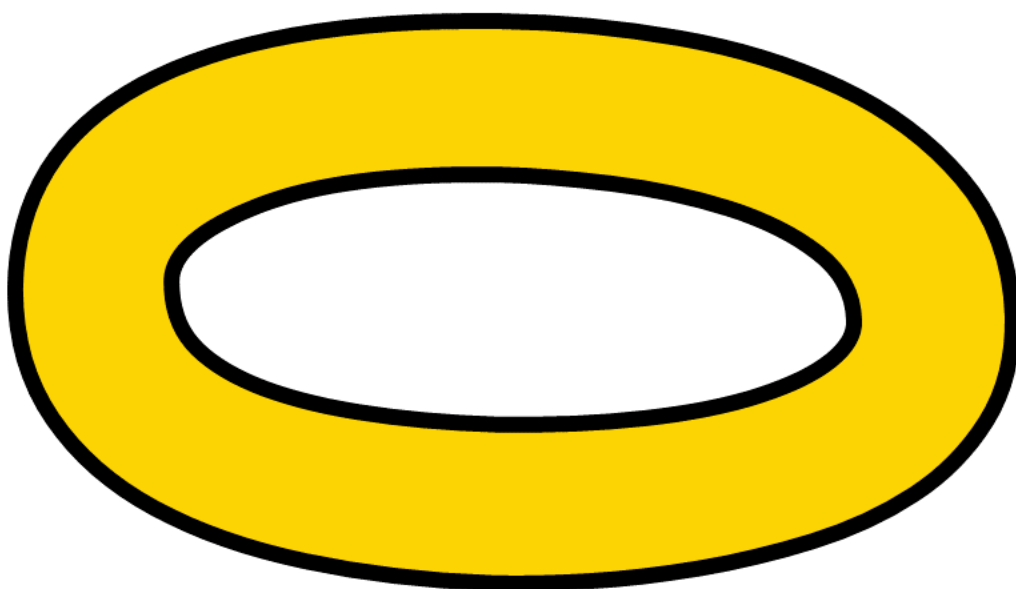
MY OPTIMISM PLEDGE

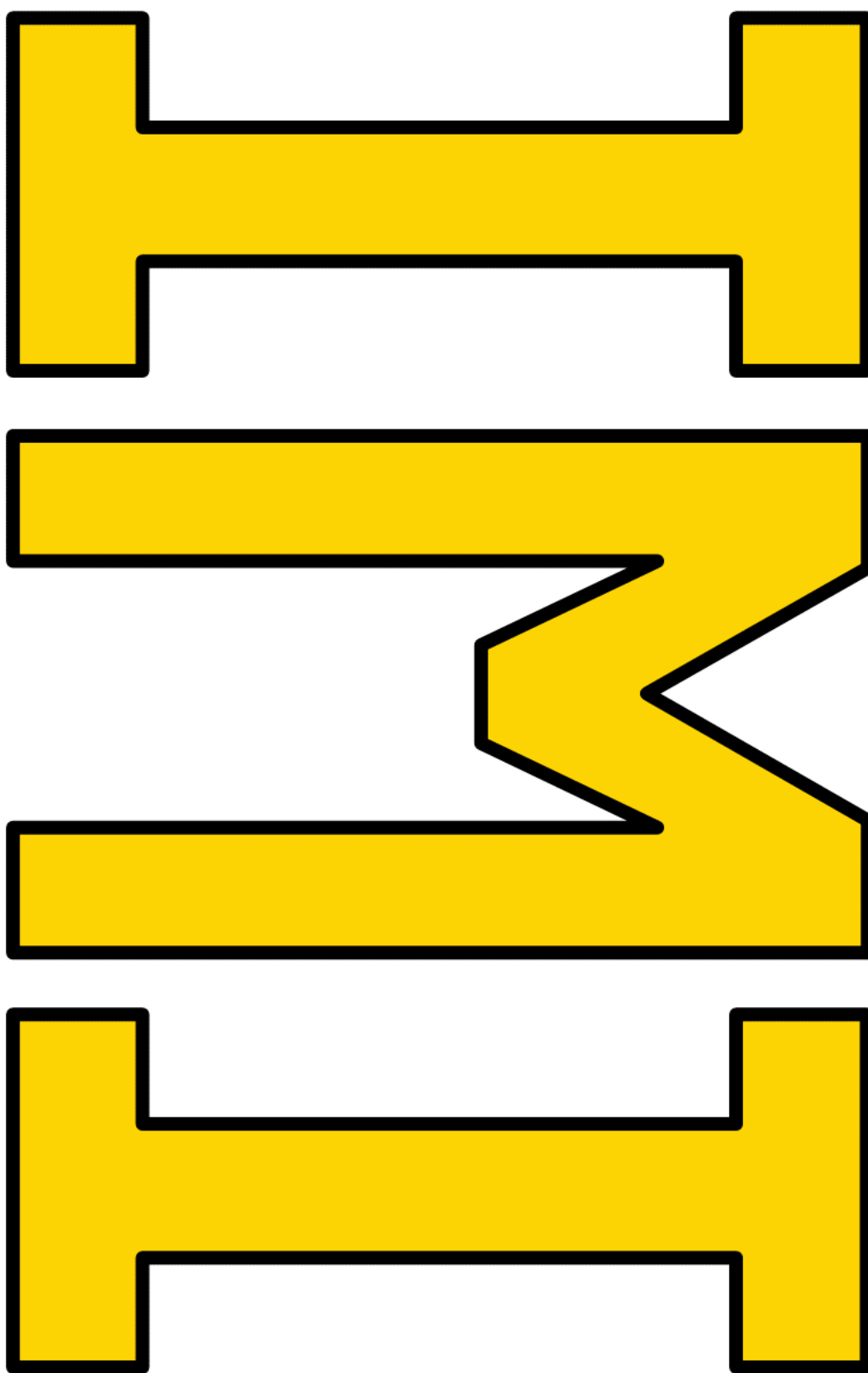
This is how I am going to show Optimism:

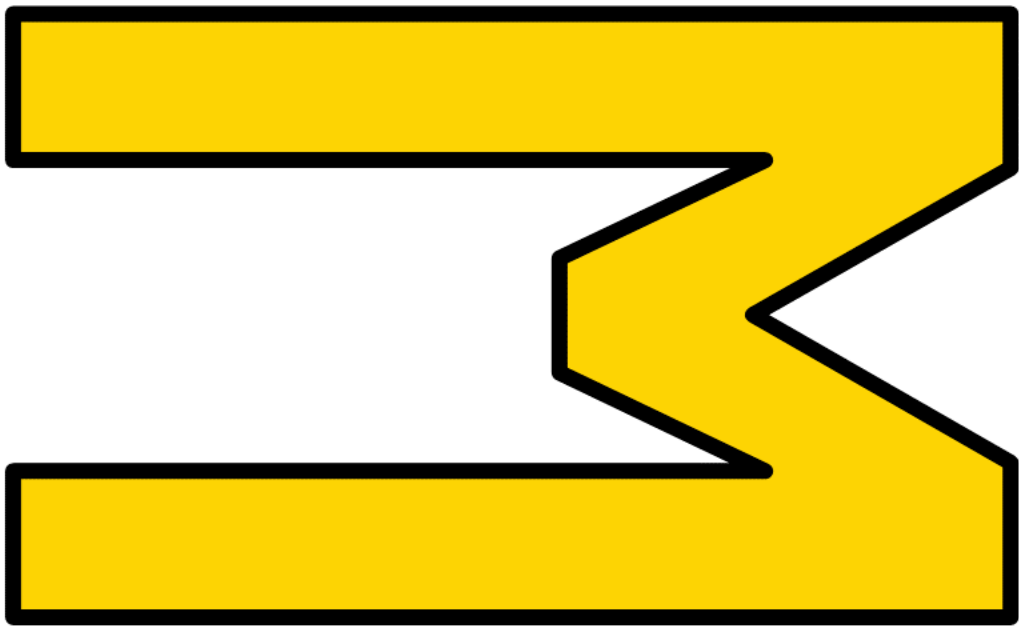
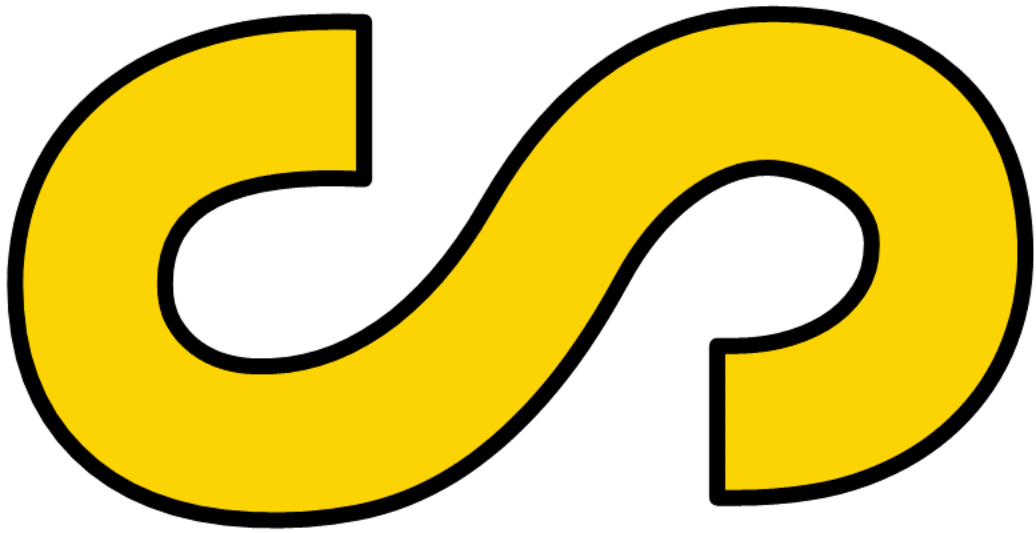
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Pledge by: _____







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.

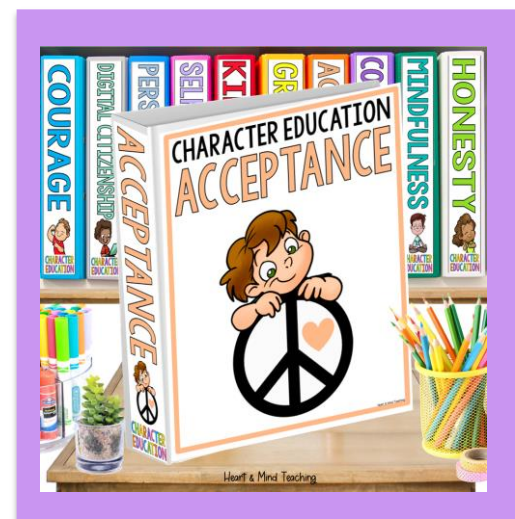
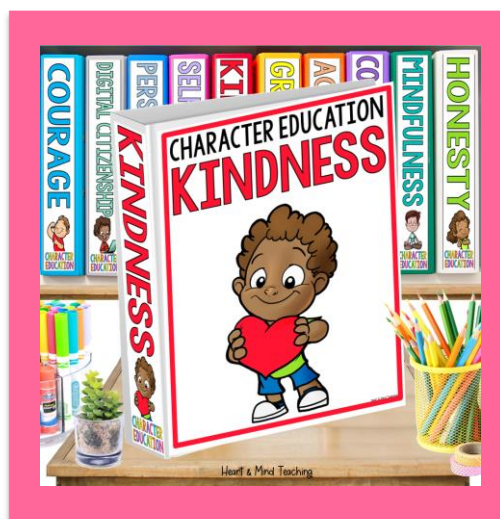
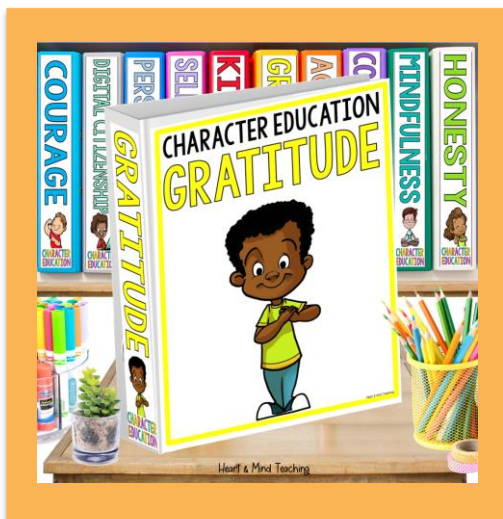
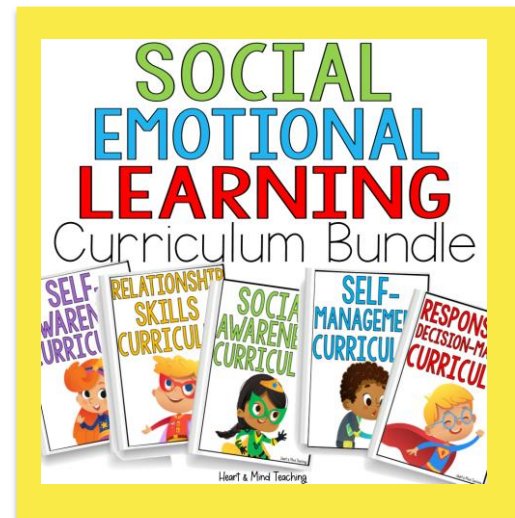
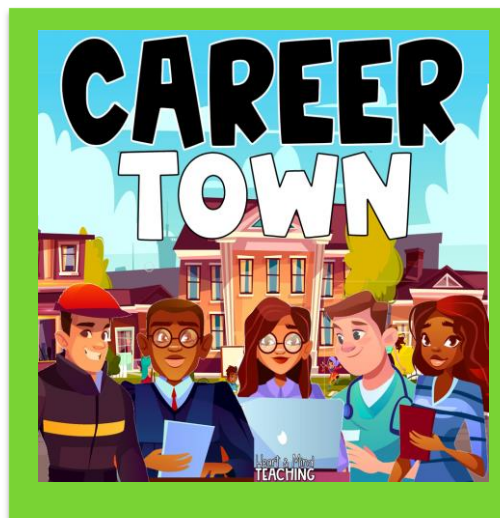
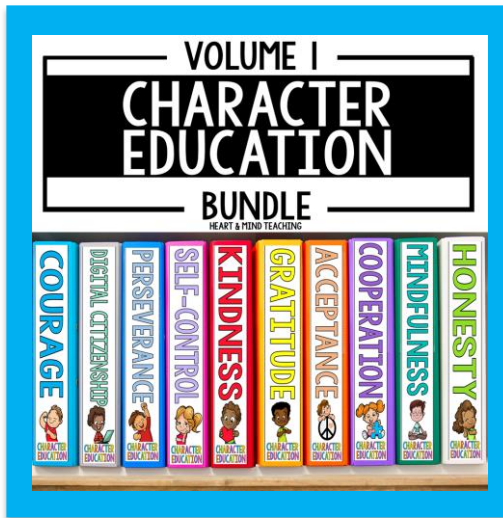
Helpful links for using Google Classroom:

[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.
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- ♥ Tier 1, 2, and 3 research-based resources.
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HEART+MIND
TEACHING



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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CREDITS

