

○ MUSIC  city COUNSELOR

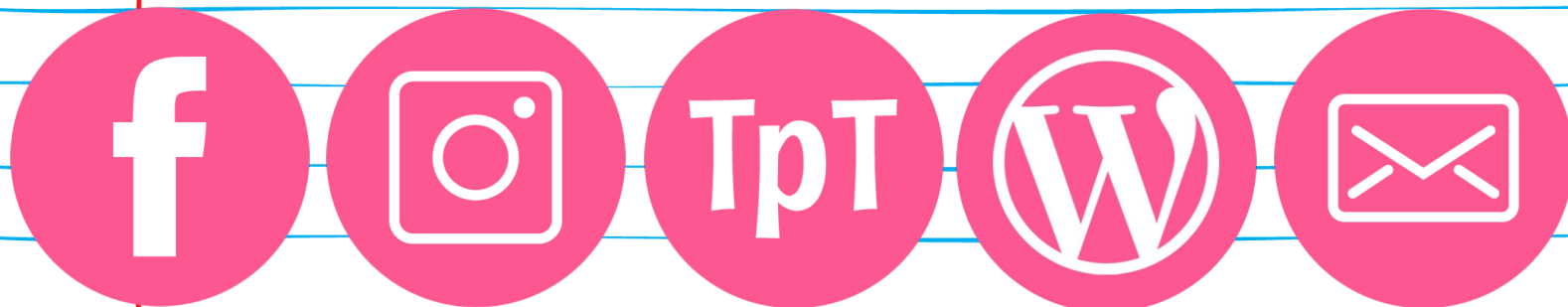
THANK YOU FOR YOUR
PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my **website** and **membership**!

○ ♥ **WEBSITE:** www.musiccitycounselor.com

♥ **MEMBERSHIP:** www.counselorcollab.com

ASCA MINDSETS & BEHAVIORS:

Category 1: Mindset Standards

- M1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being
- M2: Sense of acceptance, respect, support, and inclusion for self and others in the school environment

Category 2: Behavior Standards

- B-SMS 6: Ability to identify and overcome barriers
- B-SS 8: Advocacy skills for self and others and ability to assert self, when necessary

DIRECTIONS PAGE 1:

This lesson will take approximately 45 minutes to complete.

Materials Needed:

- Printed materials
- Scissors
- Crayons or markers
- Pencils
- Glue stick

Recommended Sequence:

1. Review the PowerPoint or digital for Google Slides™ presentation.
2. Review the instructional posters and display the bulletin board if you'd like.
3. Use the discussion cards with students.
4. Complete the craft, a worksheet, or a coloring page of your choice.
5. Students can decorate the mini story book and take it home to read with their families.

Presentation:

Both a PowerPoint and digital for Google Slides™ presentation are included.

This presentation teaches students all about **optimism**. First, students "meet" Olivia, a little girl who everyone knows as "Optimistic Olivia." Then, students learn the **definition of optimism**. Next, students listen to a story about Olivia who makes the best of a rainy day by taking her brother to play outside. Next, students **"turn and talk"** with a partner and discuss 2 reflection questions about the story. Then, students learn **7 ways to be optimistic**. Finally, students **"turn and talk"** with a partner to reflect on how they can be more optimistic in their lives.

Bulletin Board:

9 beautiful posters are included as well as printable letters that say BE OPTIMISTIC. Please cut out the letters and staple them to the top of your bulletin board. Then, display the posters in any order that you'd like. Please see the sample on the next page.

SAMPLE BULLETIN BOARD



DIRECTIONS PAGE 2:

Discussion Cards:

12 discussion cards are included. You may choose to use these as a whole group or divide students into small groups. I prefer to divide students into groups of 2-4 and give each group 2-3 cards. Students can discuss their thoughts with their small group then share out with the class.

Optimistic Glasses Craft:

This activity encourages students to look on the bright side and "wear" optimistic glasses! Both a girl and a boy version are included. Please give each student a pair of the paper glasses and a silhouette (either boy or girl).

Students can write and/or draw on the lenses of the glasses how to be optimistic. Then, they can cut out the glasses and glue them onto the silhouette character. Then, they can decorate the silhouette character to look like them. A sample is included on the next page.

Mini Story Book:

This is a half-page version of the "Olivia is Optimistic" story from the presentation. Please print one story for each student, cut it down the middle, and staple it at the top. Students can color the story and take it home to read with their families.

Worksheets & Coloring Pages:

Assorted worksheets and coloring pages are included. Please choose those that best fit the needs and abilities of your students, and the amount of time that you have.

Questions, comments, or suggestions? Please contact me any time at laura@musiccitycounselor.com. I'm here to help! ☺

PS I SO appreciate when you **please take a moment to leave a review** on my resources on TpT. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow.

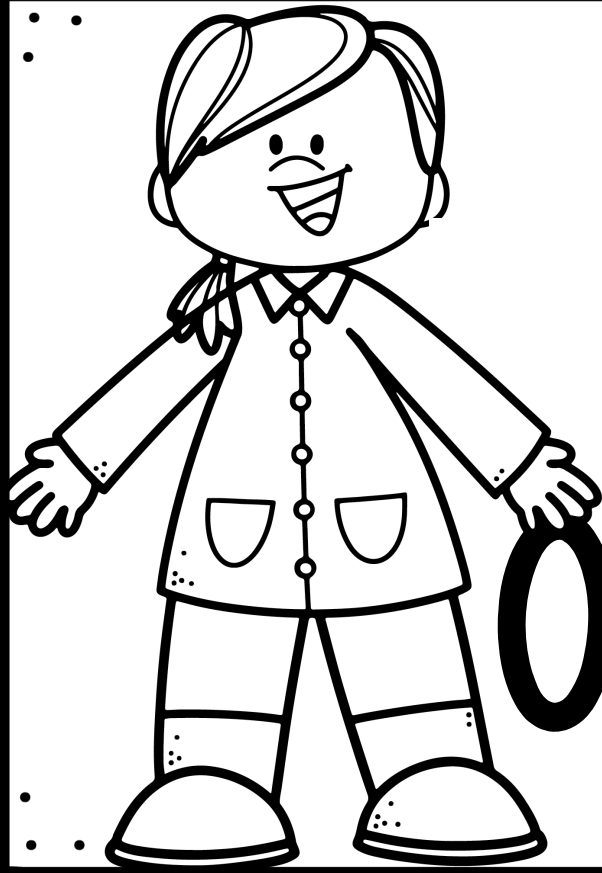
SAMPLE CRAFT:

Name: _____

I look on the bright side with my
OPTIMISTIC GLASSES!



MINI PRINTABLE STORY



OLIVIA is OPTIMISTIC

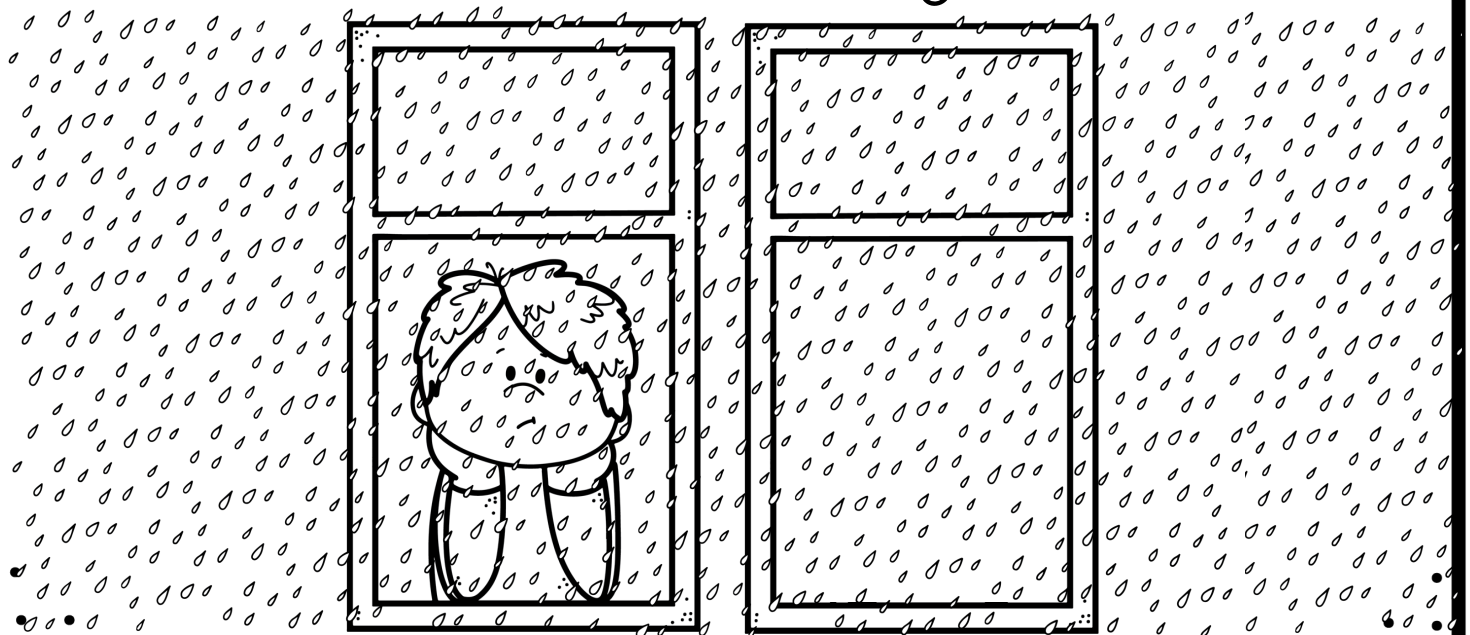
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: Meet Olivia! She is a 2nd grader who loves reading :
comic books, hiking, and doing jigsaw puzzles.
Everyone knows her as Optimistic Olivia!



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One morning, Oscar looked longingly out his bedroom window. He wanted to play outside, but it was raining.



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Oscar's sister Olivia noticed that he was feeling disappointed. She said, "Let's go play in the rain! Here's your rain jacket! It will be loads of fun!"



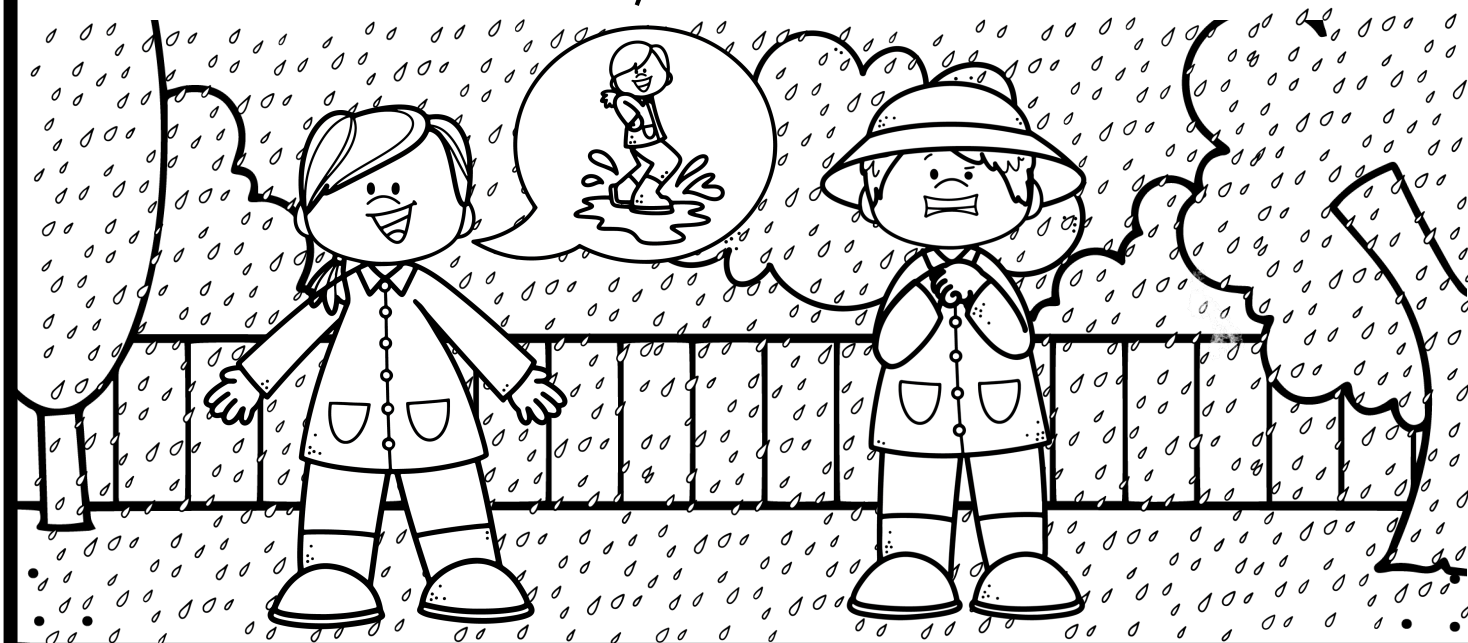
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Oscar felt very unsure. He wanted to play, but didn't want to get wet. Olivia reassured him that they would have a great time!



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Olivia and Oscar ventured outside. Olivia felt so excited to jump in the puddles! Oscar still felt uneasy and nervous.



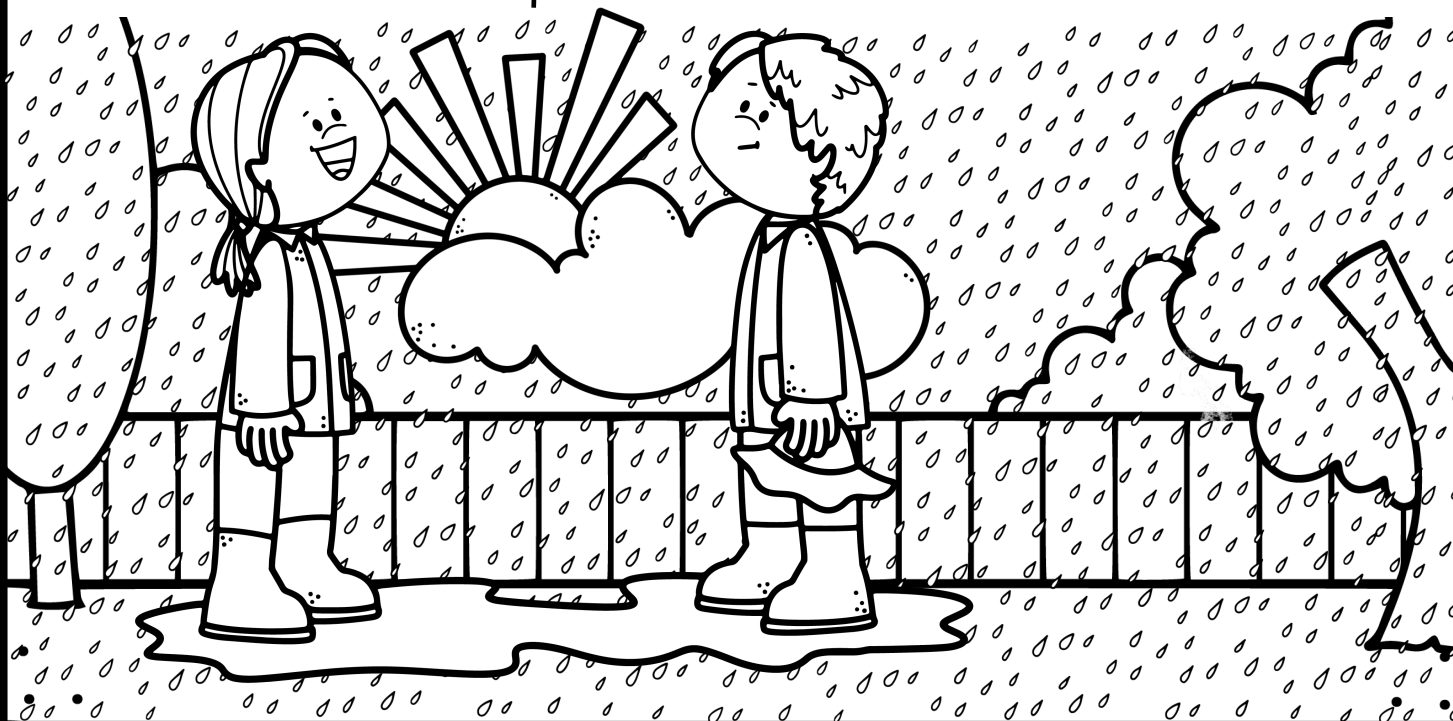
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: • Olivia had the best time dancing in the rain! She • :
showed Oscar that even when things don't go our
way, we can make the best of them and have fun!



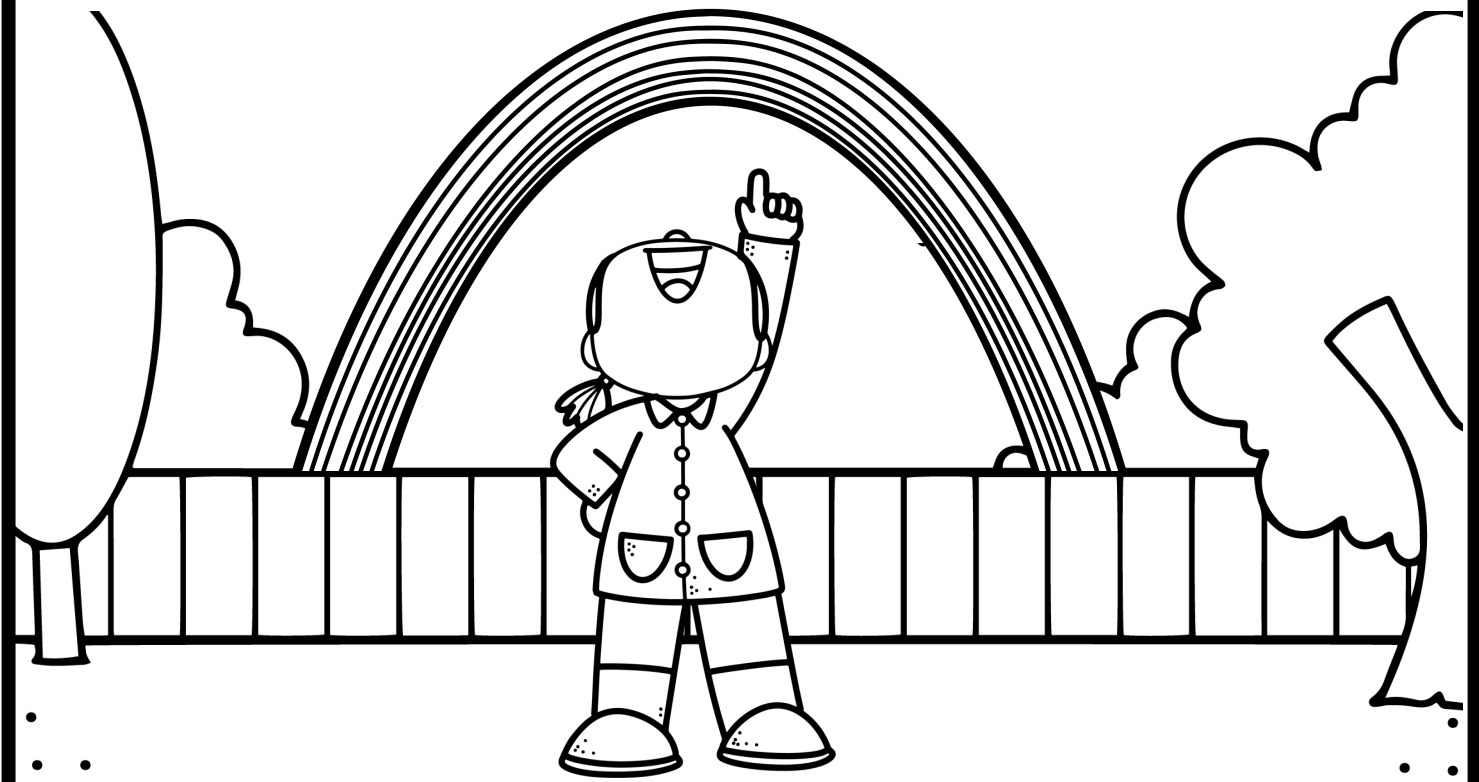
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: • As Olivia danced and played in the rain, the • :
sun started to peek out from behind a cloud.



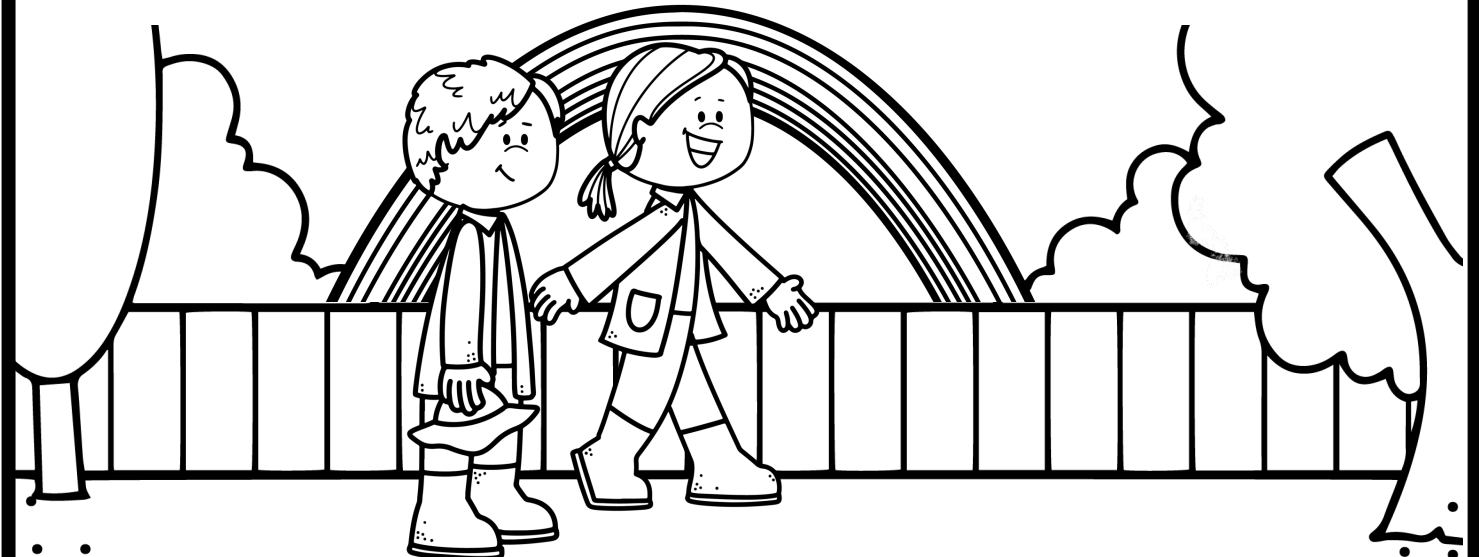
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∴ All of a sudden, a beautiful rainbow appeared! ∴



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∴ Oscar felt so thankful that Olivia encouraged him to look on the bright side and play outside in the rain. Had he stayed inside, he would have missed the beautiful rainbow! And lots of fun!



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: • Write and draw about how you can • :
be optimistic.

BULLETIN BOARD

BEO

PTI

Miss

Tic

How to Be OPTIMISTIC

Look for the good



Use positive words



Break down goals



Find positive people



Practice gratitude



Learn from mistakes

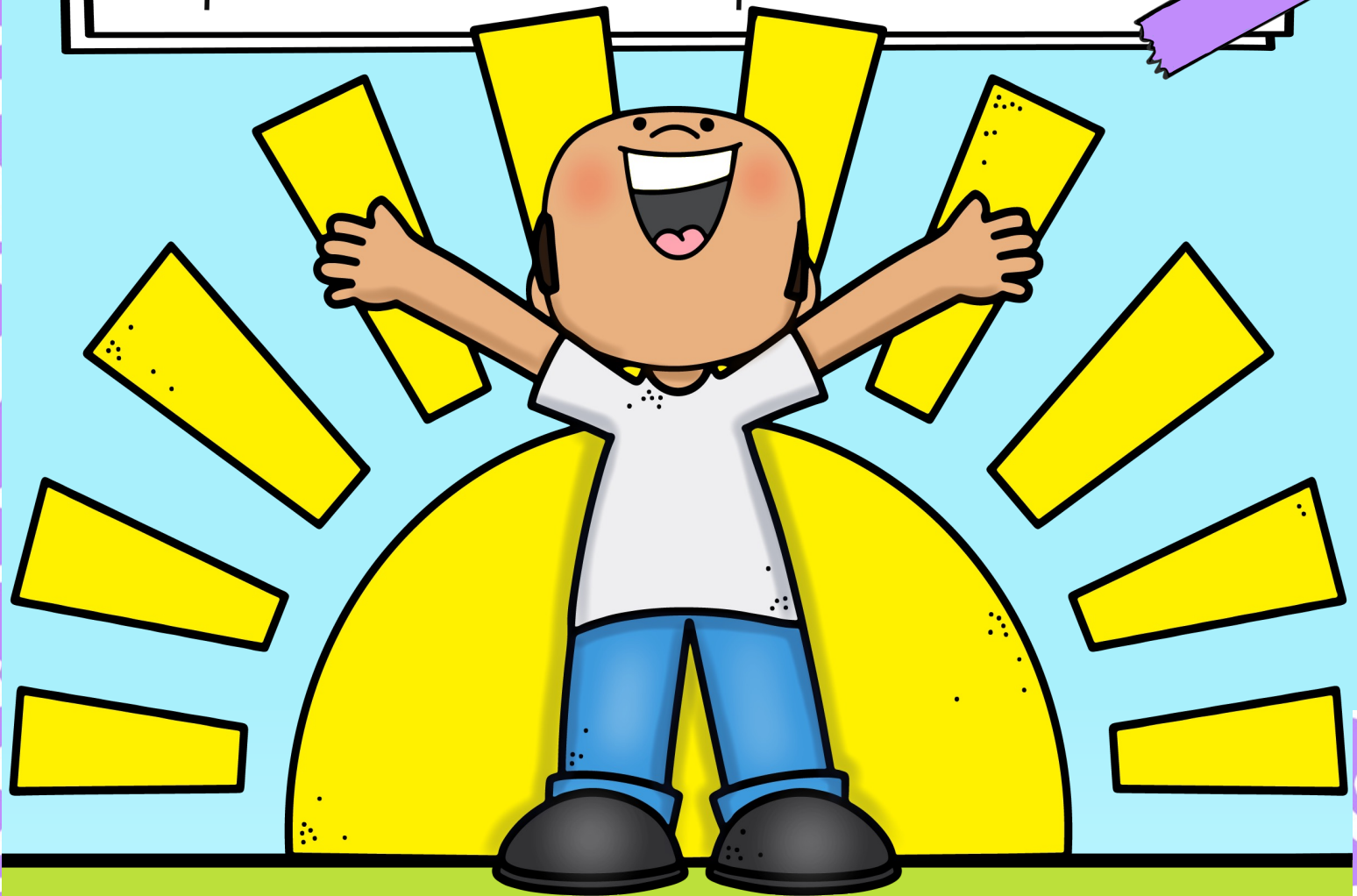


Visualize success



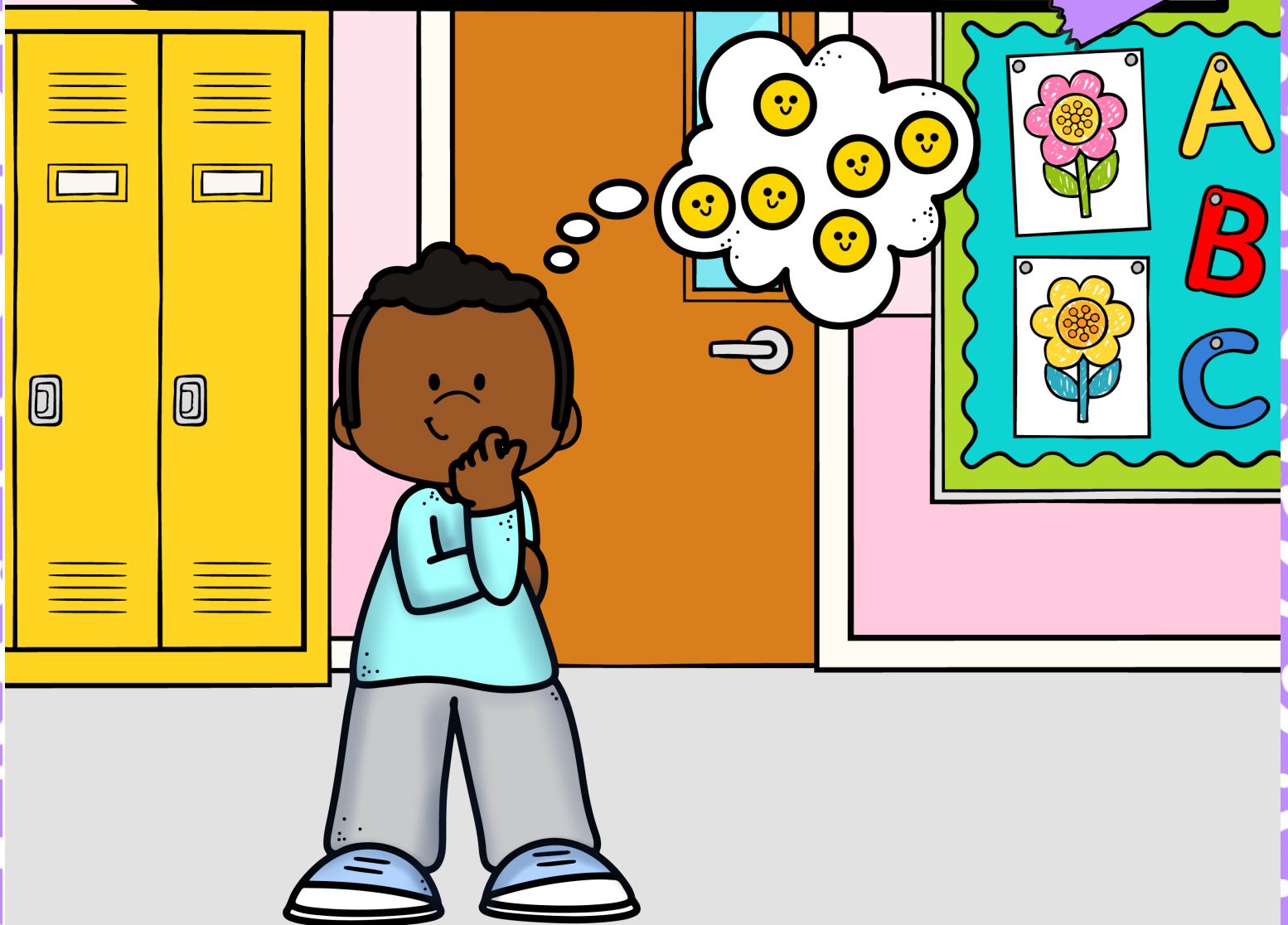
What is **OPTIMISM?**

Looking on the the bright side and expecting good things to happen. Thinking positive even when problems arise.



How to Be **OPTIMISTIC**

Look for the good



How to Be **OPTIMISTIC**

Use positive words



How to Be OPTIMISTIC

Break down goals



How to Be **OPTIMISTIC**

Find positive people



How to Be **OPTIMISTIC**

Practice gratitude



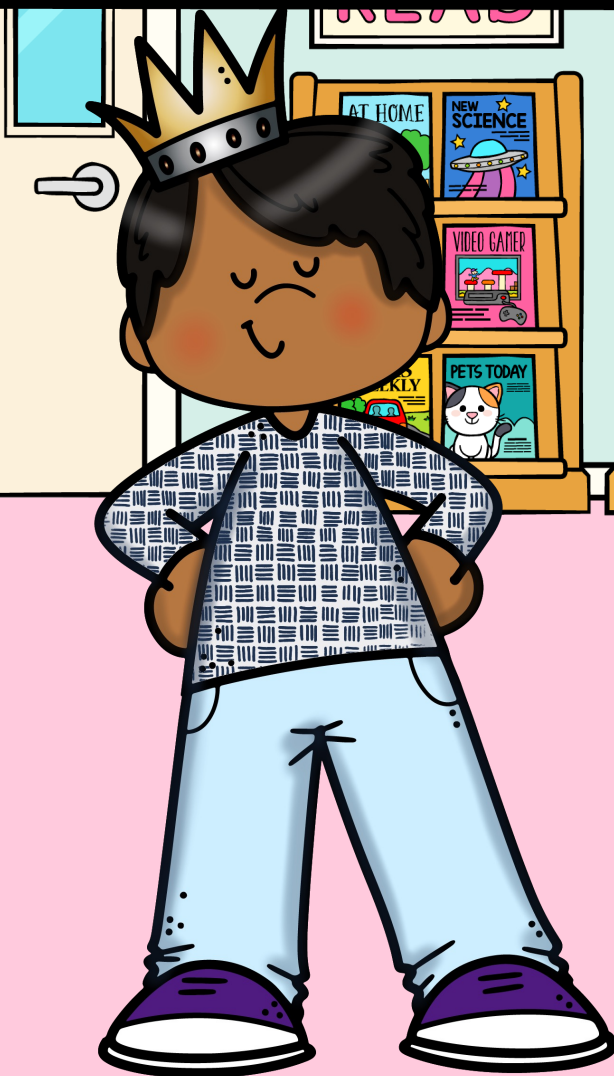
How to Be **OPTIMISTIC**

Learn from mistakes



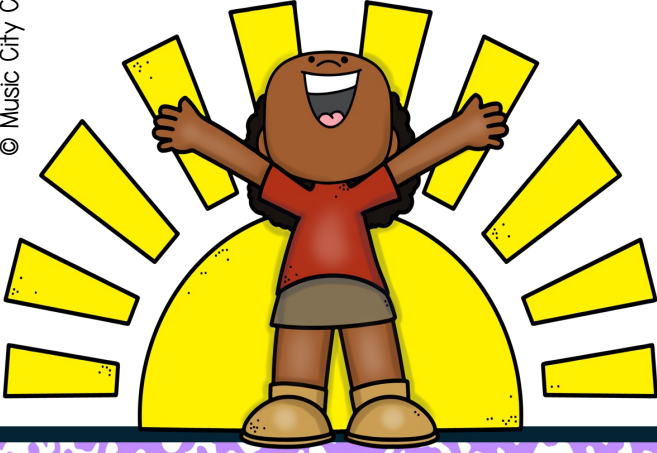
How to Be **OPTIMISTIC**

Visualize success



DISCUSSION CARDS

What is optimism?



How did Oscar feel about the rain?

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What did Olivia encourage Oscar to do?

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What lesson did Olivia teach Oscar?

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How was Olivia optimistic?



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How did Oscar feel after the rainbow appeared?



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What does it mean to look on the bright side?

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Why is optimism important?

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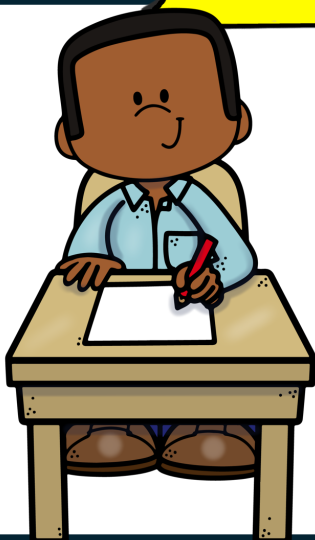


What are two ways to be optimistic?

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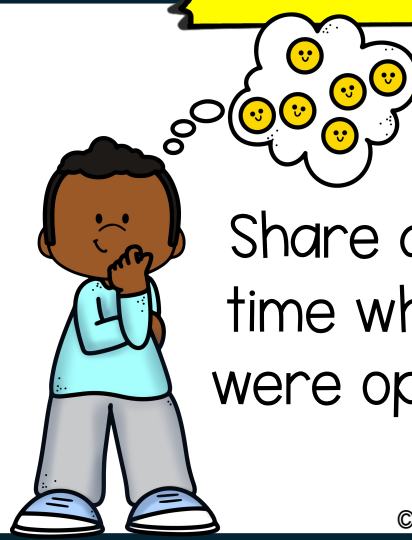


How can you be more optimistic with your friends?



How can you be more optimistic at school?

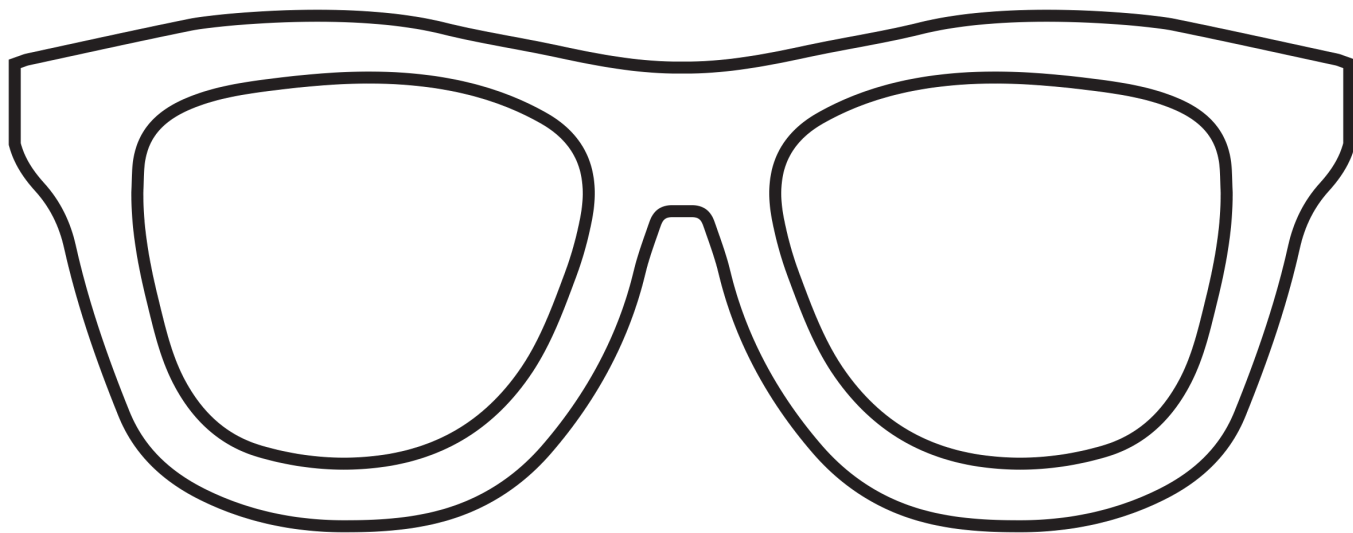
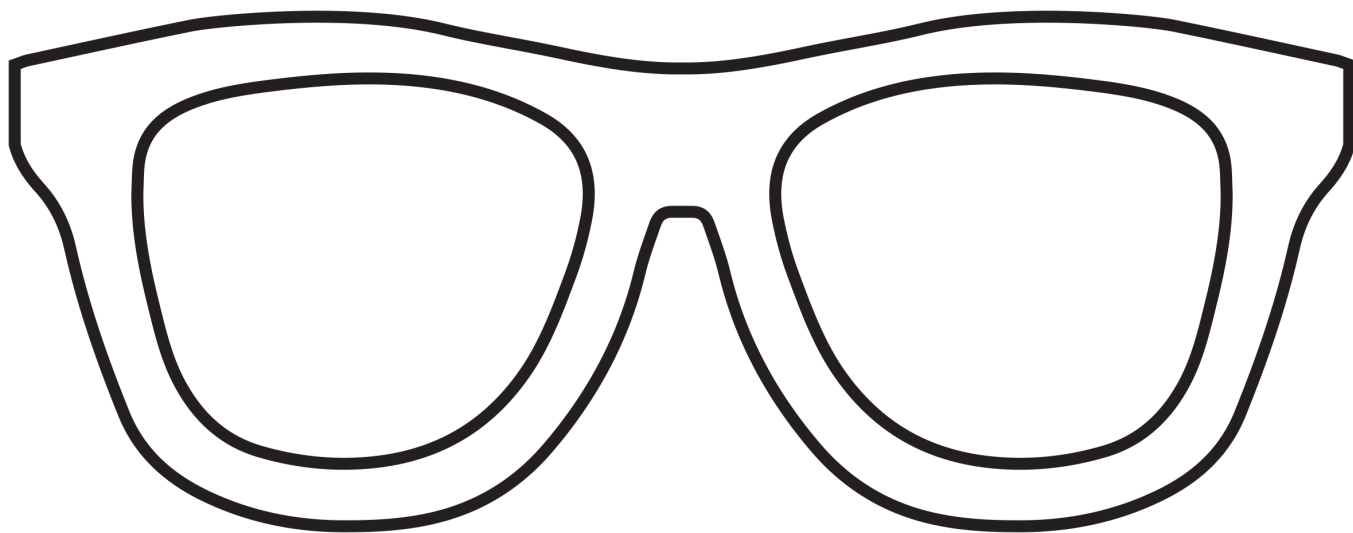
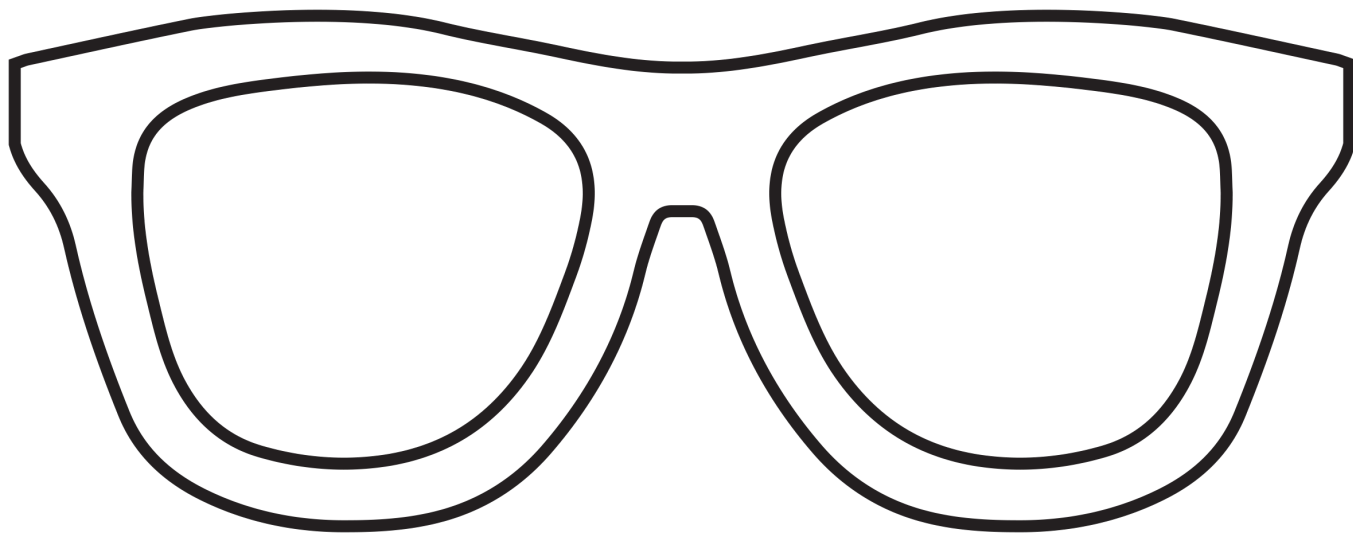
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Share about a time when you were optimistic.

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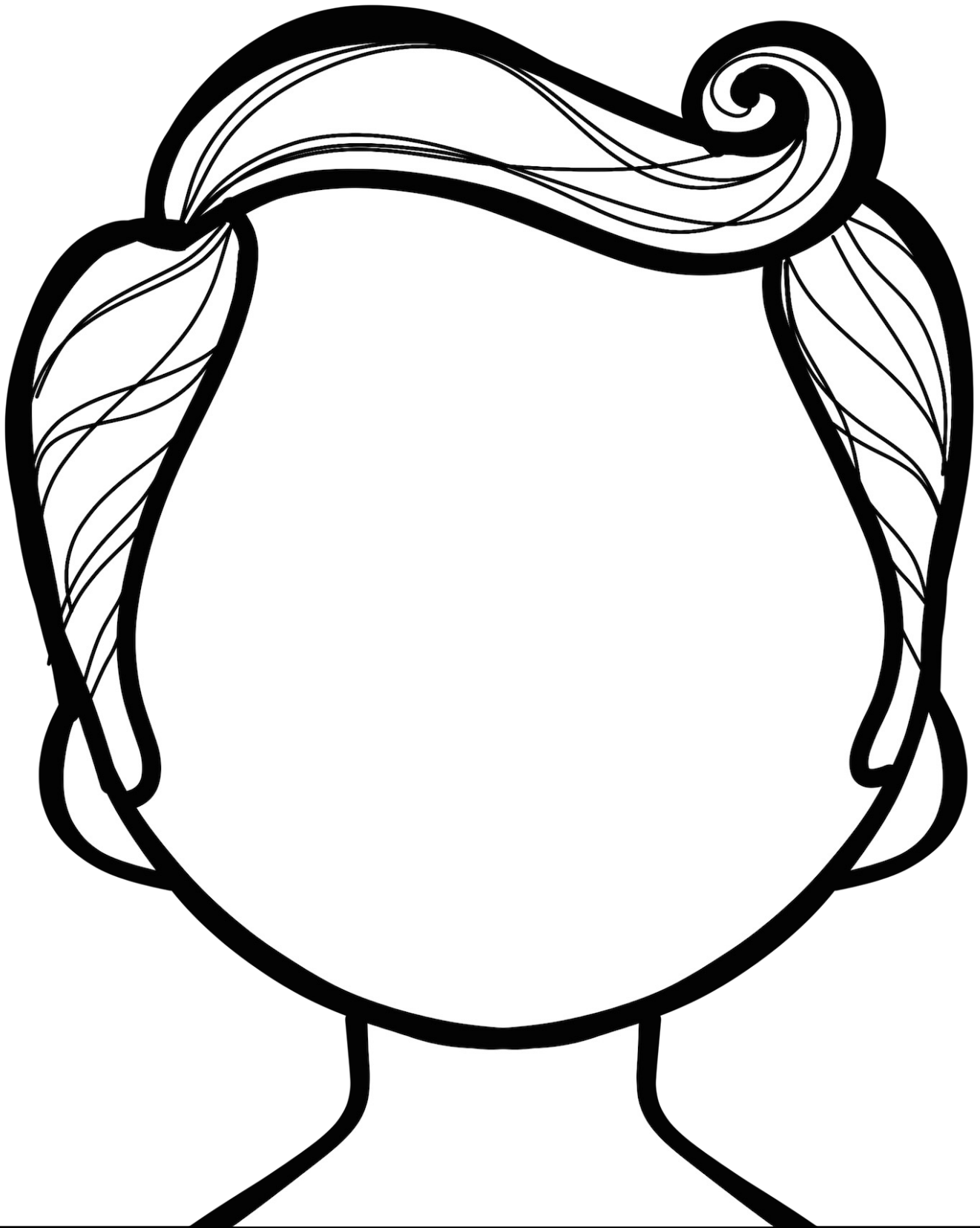
CRAFT



Name: _____

I look on the bright side with my

OPTIMISTIC GLASSES!



Name: _____

I look on the bright side with my

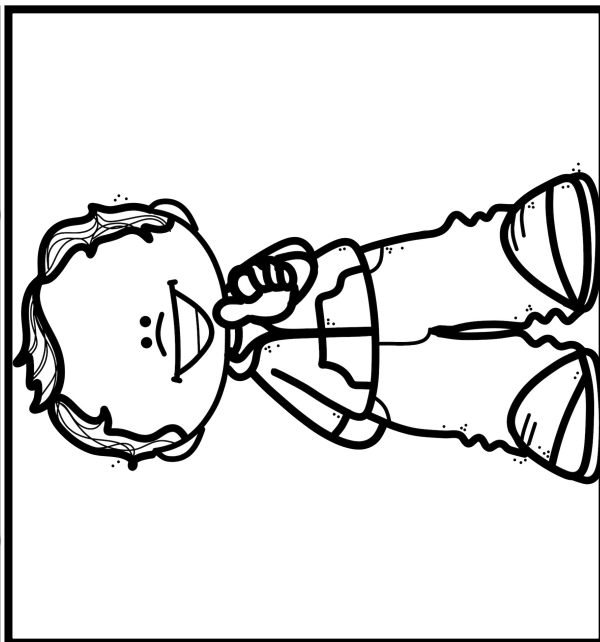
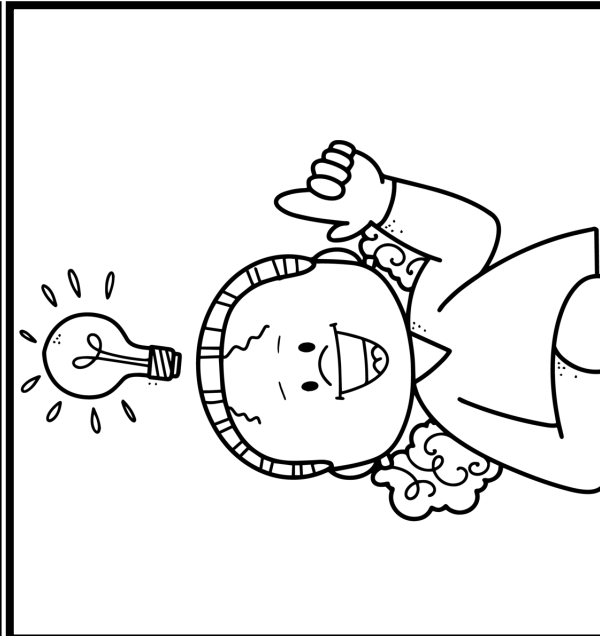
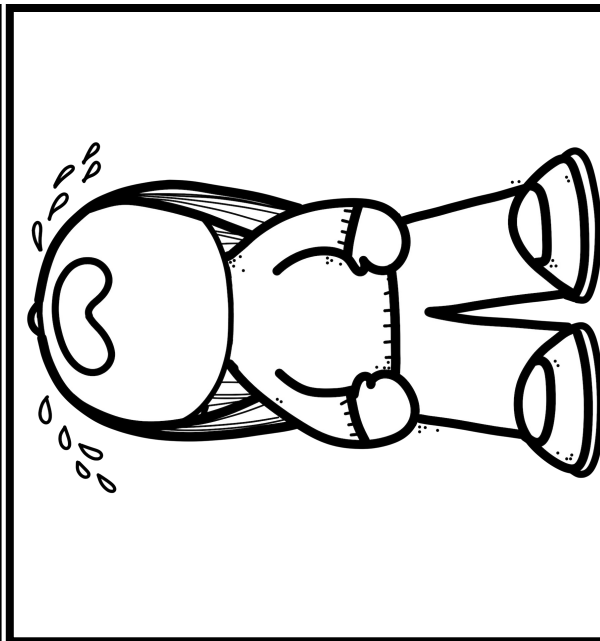
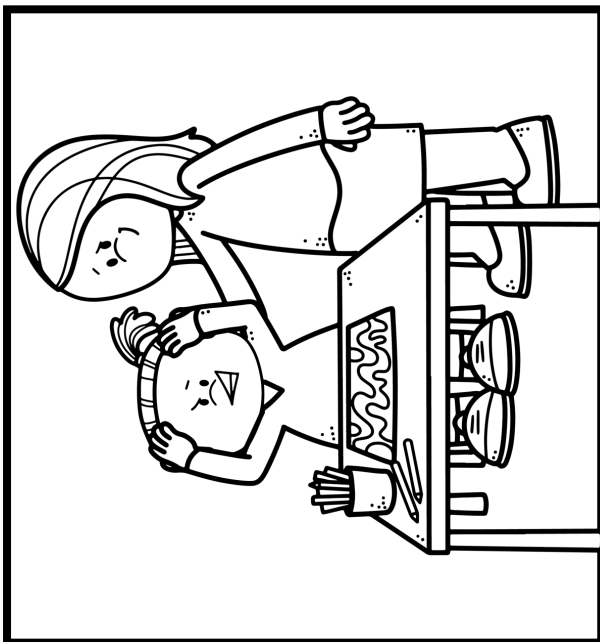
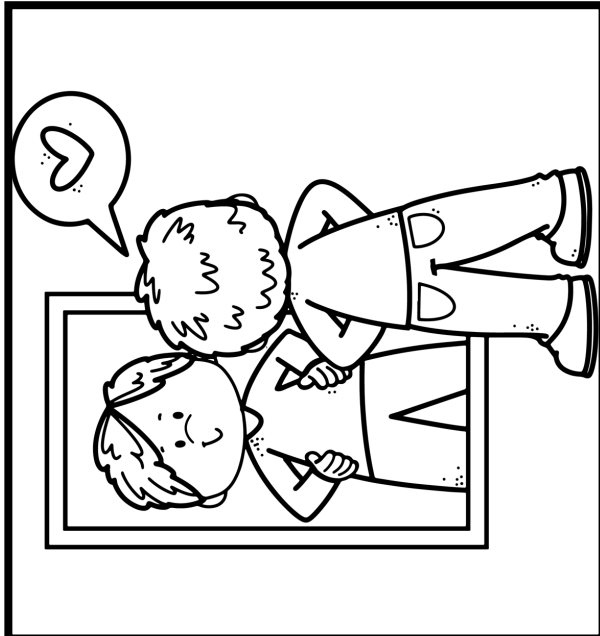
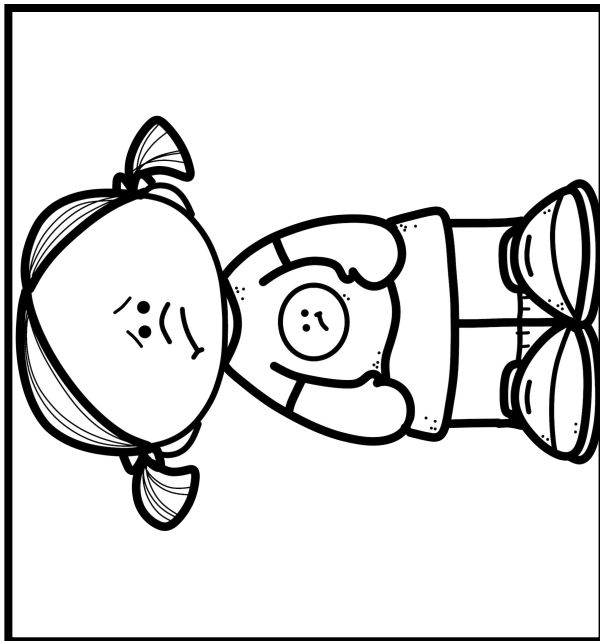
OPTIMISTIC GLASSES!



WORKSHEETS

Name: _____

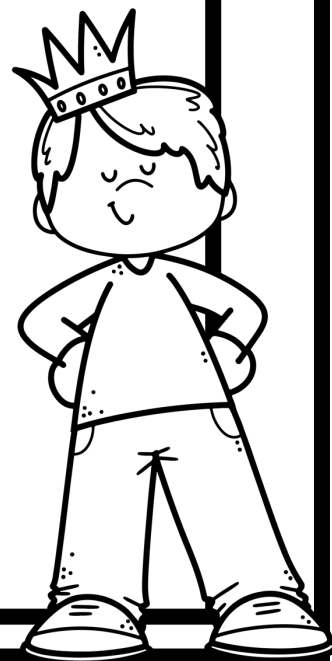
Color the pictures that show
OPTIMISTIC CHOICES.



Name: _____

OPTIMISM

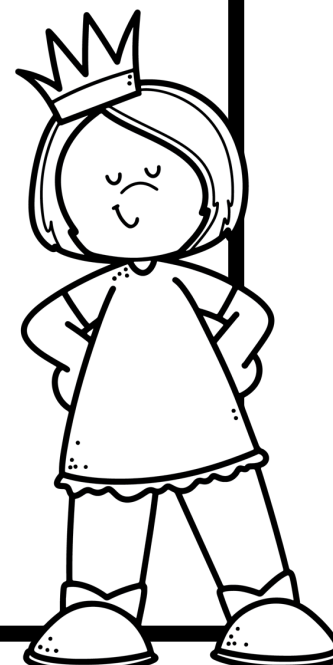
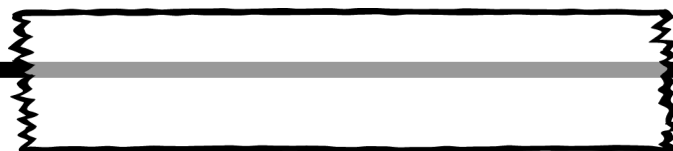
What does optimism mean to you?



Name: _____

OPTIMISM

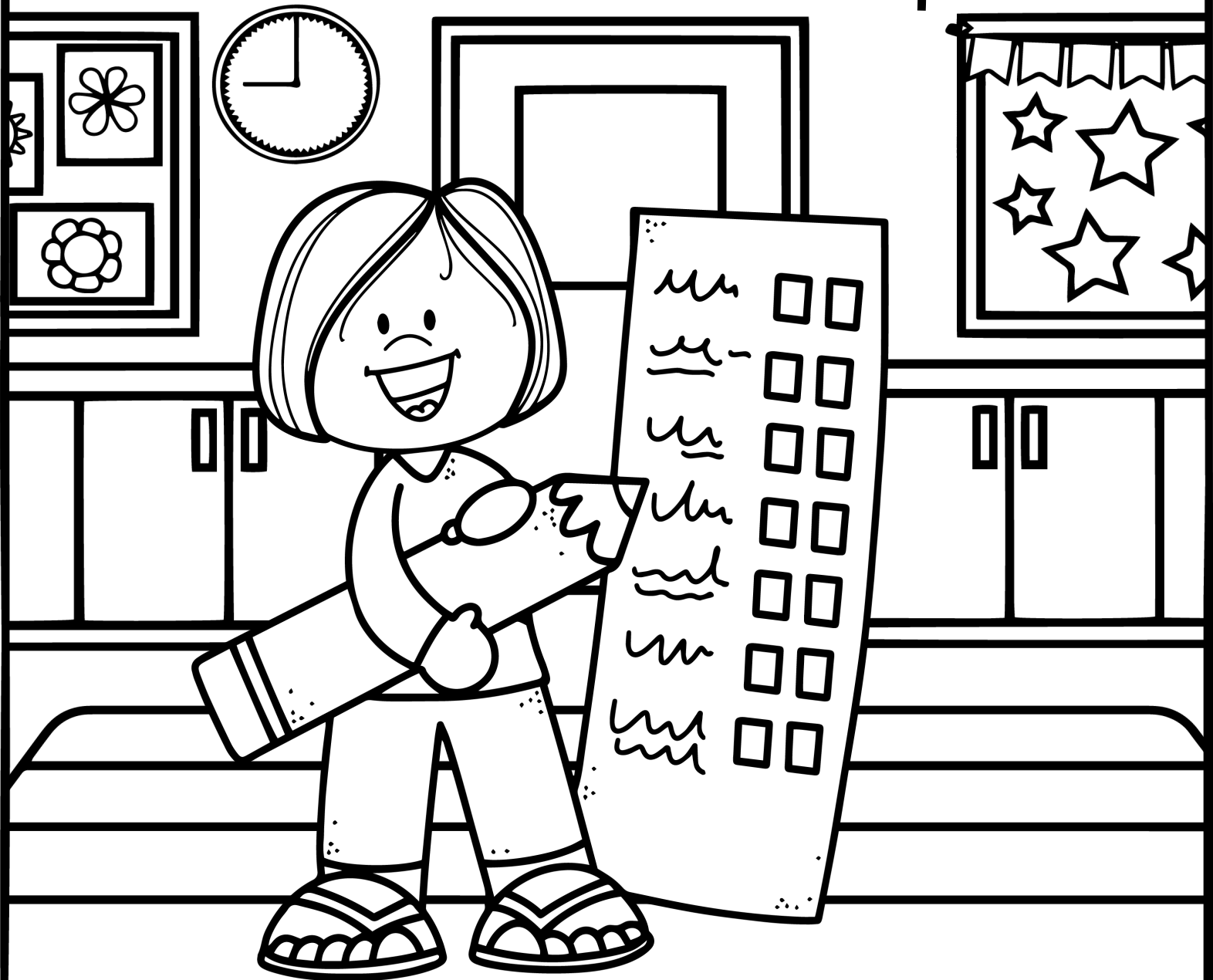
Share about a time when you were optimistic.



COLORING PAGES

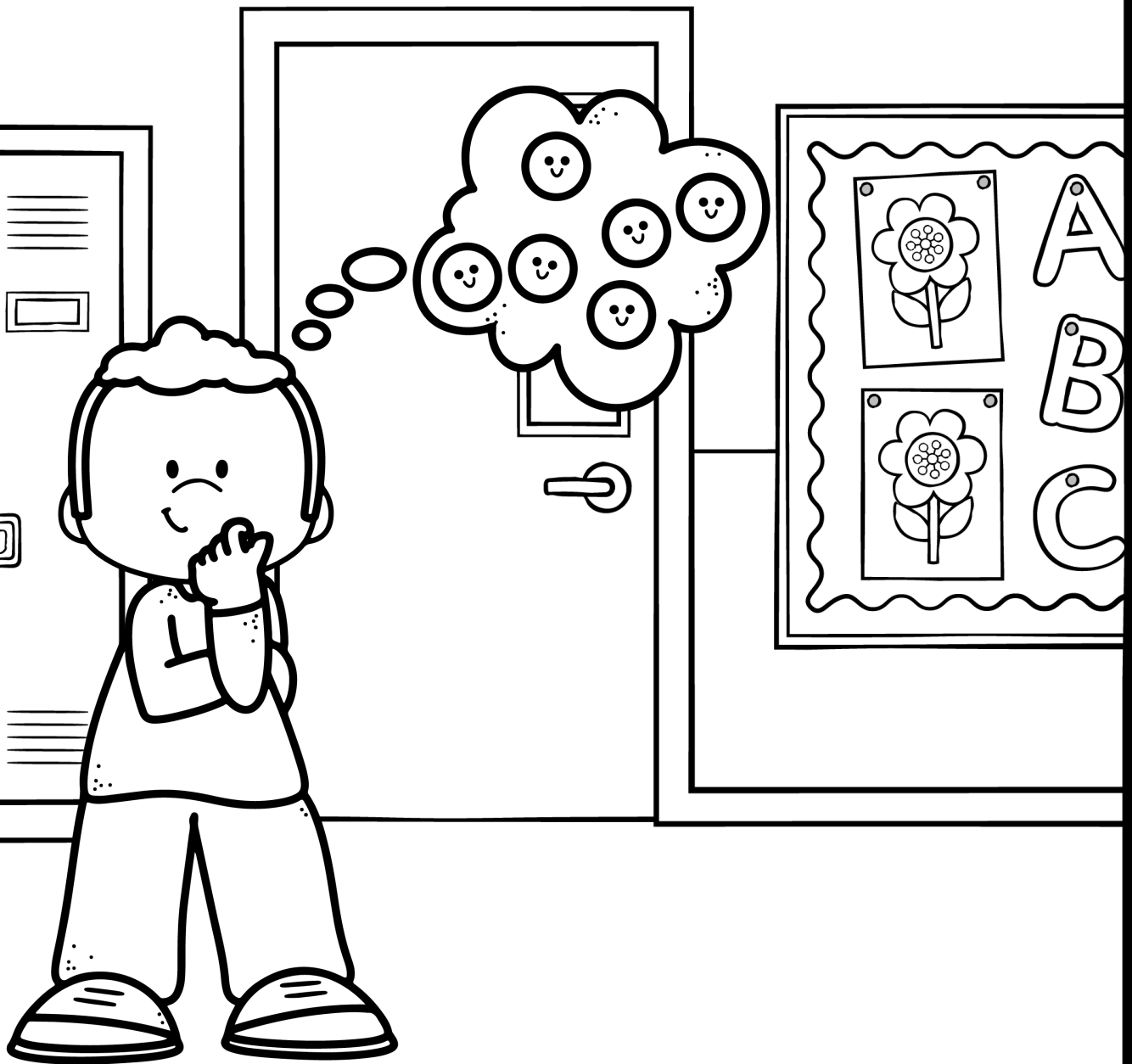
OPTIMISM

I can break down goals into smaller steps.



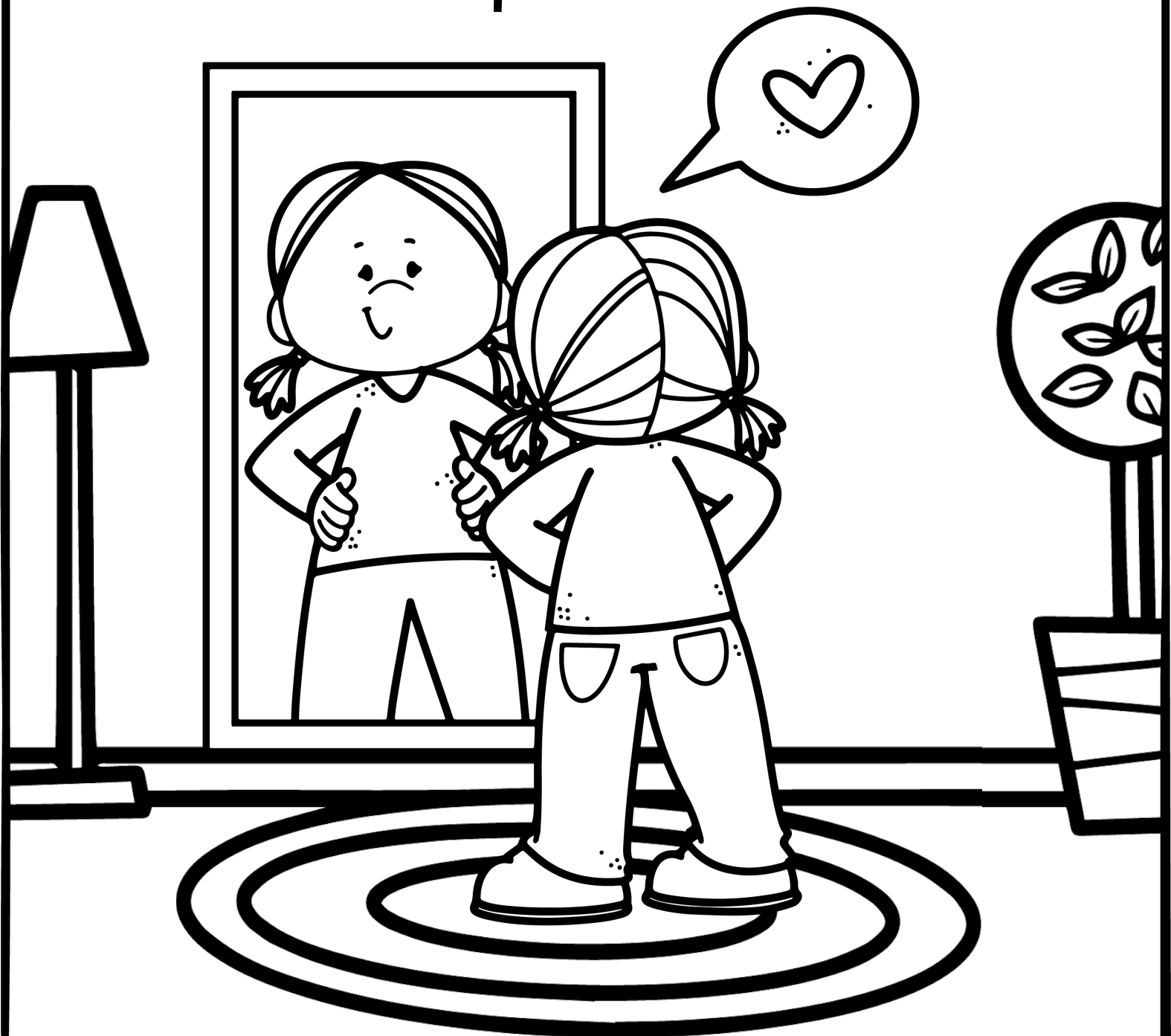
OPTIMISM

I can look for the good.



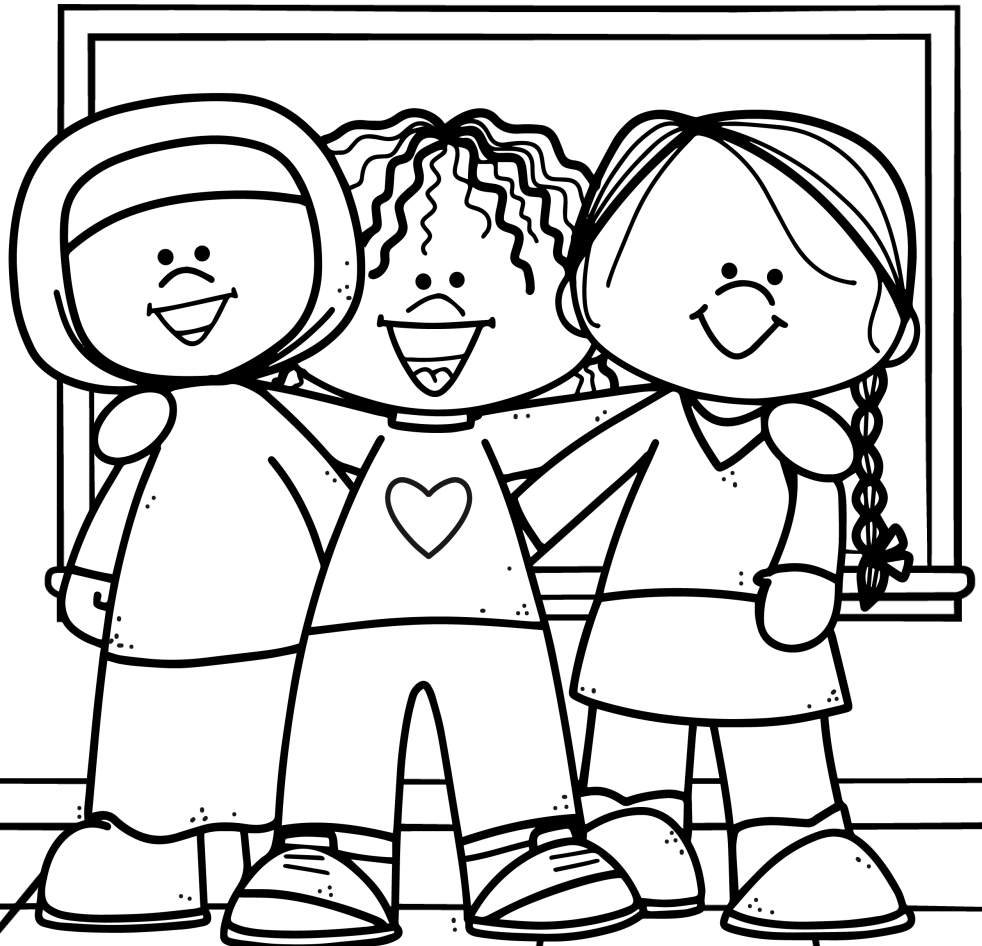
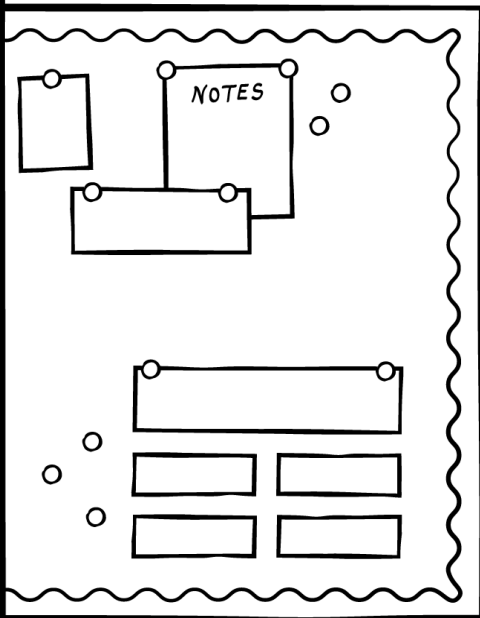
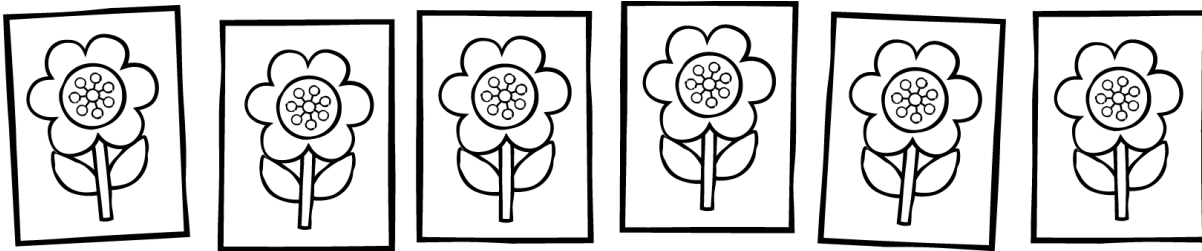
OPTIMISM

I can use positive words.



OPTIMISM

I can surround myself
with positive people.



OPTIMISM

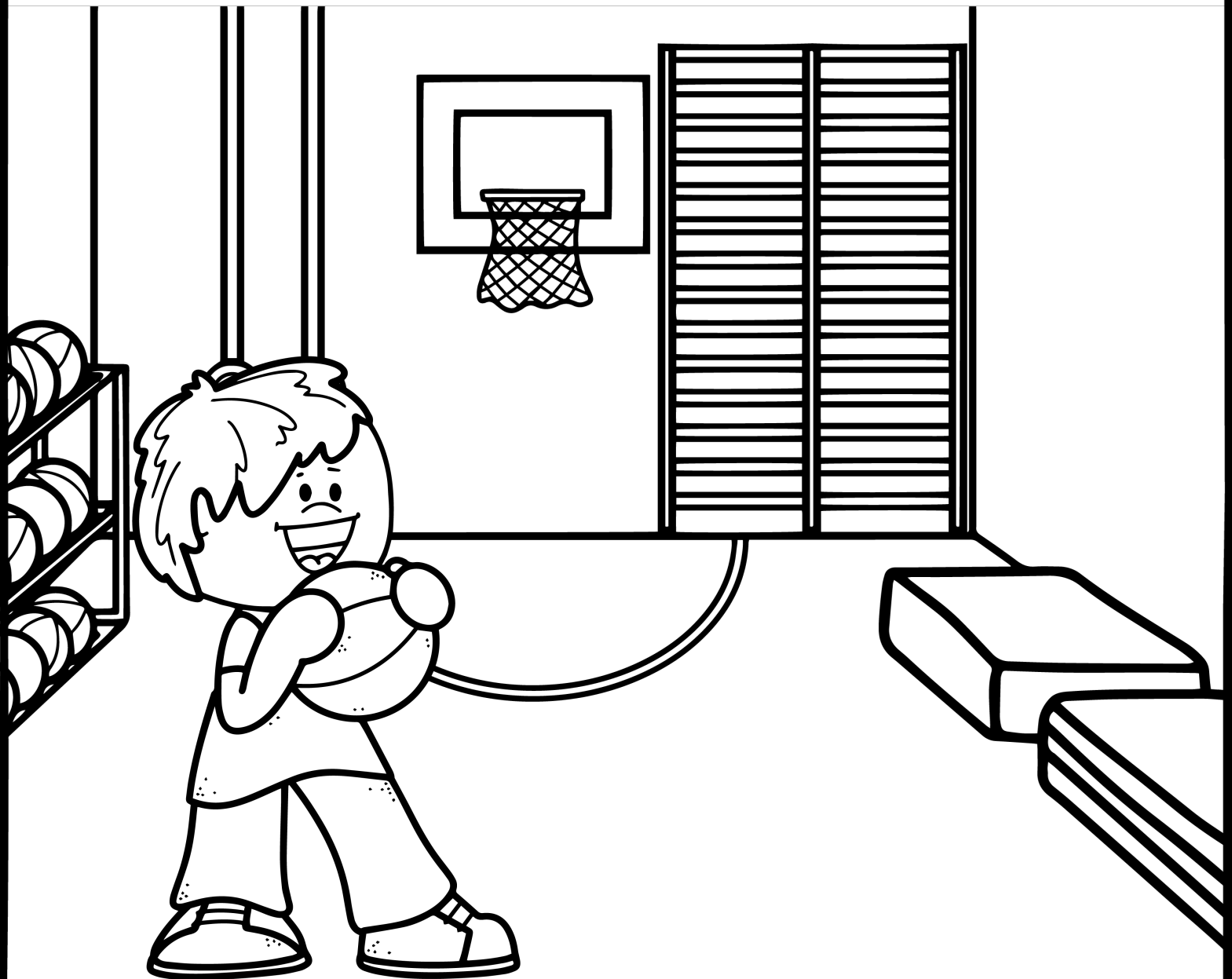
I can practice gratitude.

QUIET, PLEASE



OPTIMISM

I can learn from my mistakes.



OPTIMISM

I can visualize success.



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Please contact me any time at laura@musiccitycounselor.com with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

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