

Flow Chart

Yes I Can – From Pessimism to Optimism

Opening Game-Blind Man's Obstacle Course:

What is the difference between optimism and pessimism, and how did the optimism or pessimism of the helpers influence the result of the course and the feeling of the blindfolded partner?

Stories: Birthday Tears,
Simply Me – Surviving Primary School,
Be Positive, Think Positive, Feel Positive, p. 31.

The Rule for Pessimists, Simply Me – Surviving Primary School,
Be Positive, Think Positive, Feel Positive, p. 38.

The Rule for Optimists, Simply Me – Surviving Primary School,
Be Positive, Think Positive, Feel Positive, p. 39.

Game - Optimistic Language versus Pessimistic Language.

According to the exercise, which words and sentences characterize optimists and which characterize pessimists?

Words and phrases that characterize optimists and are frequently used by them.

Words and phrases that characterize pessimists and are frequently used by them.

Try and check what you can change about the way you use language so that you speak more optimistically and less pessimistically. You'll be surprised at how much this can actually change the way you think, behave and feel and the reactions you get back!

Main Game -The Boxes.

Quiz: Are You an Optimist or a Pessimist?

Simply Me – Surviving Primary School,

Be Positive, Think Positive, Feel Positive, p. 25.

Quiz: Calculate Your Attractivity Rating,

Simply Me – Surviving Primary School,

Be Positive, Think Positive, Feel Positive, p. 41.

Homework:

Optimism versus Pessimism,

Simply Me – Surviving Primary School,

Be Positive, Think Positive, Feel Positive,

Writing about Myself, p. 45.