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Word of the Month

OPTIMISM

Optimism means that we look for the best parts in a person, situation, or other thing that others might see as bad. When bad things, or things we don't like, happen, instead of getting discouraged or giving up, optimism helps us hope for and work for the best!

Here's a game that lets you practice optimism even in bad situations. When something negative happens, think of three positives that can come out of it!

Bad thing: I got a bad grade on a test.

Good things: Now I know what I need to study for. This will help me learn, which will make me smarter. I will be able to do better on the next test.

Bad thing: I was sick and missed a friend's birthday party.

Good things: _____ . _____ .
_____ .

Bad thing: _____ . _____ .
_____ .

Good things: _____ . _____ .
_____ .

STUDENT NAME: _____



COMPLETE WORKSHEET & TURN INTO THE DOJO BETWEEN

AUGUST 25TH - AUGUST 31ST

PICK A PRIZE FROM THE TREASURE CHEST

