

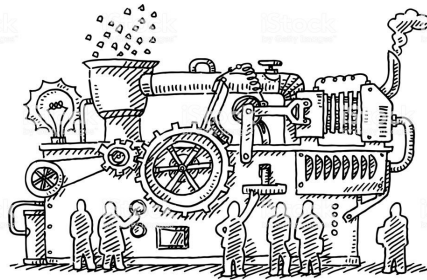
# Pessimism to Optimism

## SLCSD Elementary Lesson at Home with Student & Family

**Family Discussion:** Optimism and pessimism are “mindsets” or ways of thinking and seeing things. Optimists usually see the positive side of a situation. They expect things to turn out well. Pessimism means someone is more likely to expect things to turn out poorly or to focus on what *didn't* or *won't* go well. People aren't always optimistic or always pessimistic, but most people tend to lean toward one of these thinking patterns naturally. Pessimism can be problematic. It hurts hope and hampers new possibilities. We can waste a lot of time and energy because of pessimism. Optimism isn't about seeing everything as joyful and perfect. Optimists don't ignore problems or play pretend. They just choose to focus on the good about a situation and on what they can control. Optimists have true confidence because they're prepared and active. *Examples: They know they need to study if they want to ace a tough test. They know they can't make the basketball team without practicing.* Optimism goes hand-in-hand with action and inner beliefs. It's about finding a healthy balance of positive and realistic thinking. Optimism is a thinking style that can be learned, but it can take practice.

**Activity:** Below is the wonderful “*Thought Changing Machine*”. With help from a trusted adult it can transform a pessimistic thought or negative belief into a hopeful or positive thought instead. In the top box, start by writing 5 negative thoughts you're thinking about this week; have a discussion afterward. Now with your trusted adult helping, transform each thought to a more hopeful and optimistic mindset on the corresponding number below.

1. _____
2. _____
3. _____
4. _____
5. _____



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1. _____		
2. _____		
3. _____		
4. _____		
5. _____		