



Overcoming Obstacles with Optimism

Go For Your Goals, Module 5




AGENDA




1. Brainstorm: What is one of the biggest challenges you've had to face in your life?



2. Individually take the Optimism quiz.

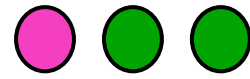


3. Working in pairs, identify the pessimistic and optimistic responses to each scenario.



4. Read each of the idioms and reflect how each exemplifies an optimistic view.

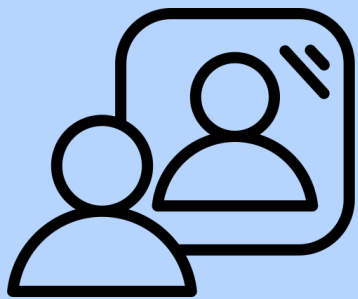
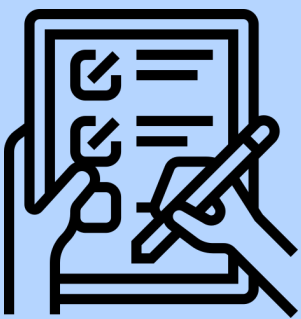
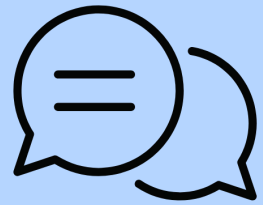


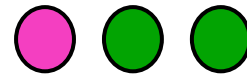
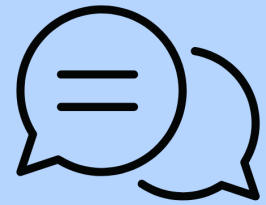


BRAINSTORM



What is one of the biggest challenges you've had to face in your life?





DISCUSS



Obstacles

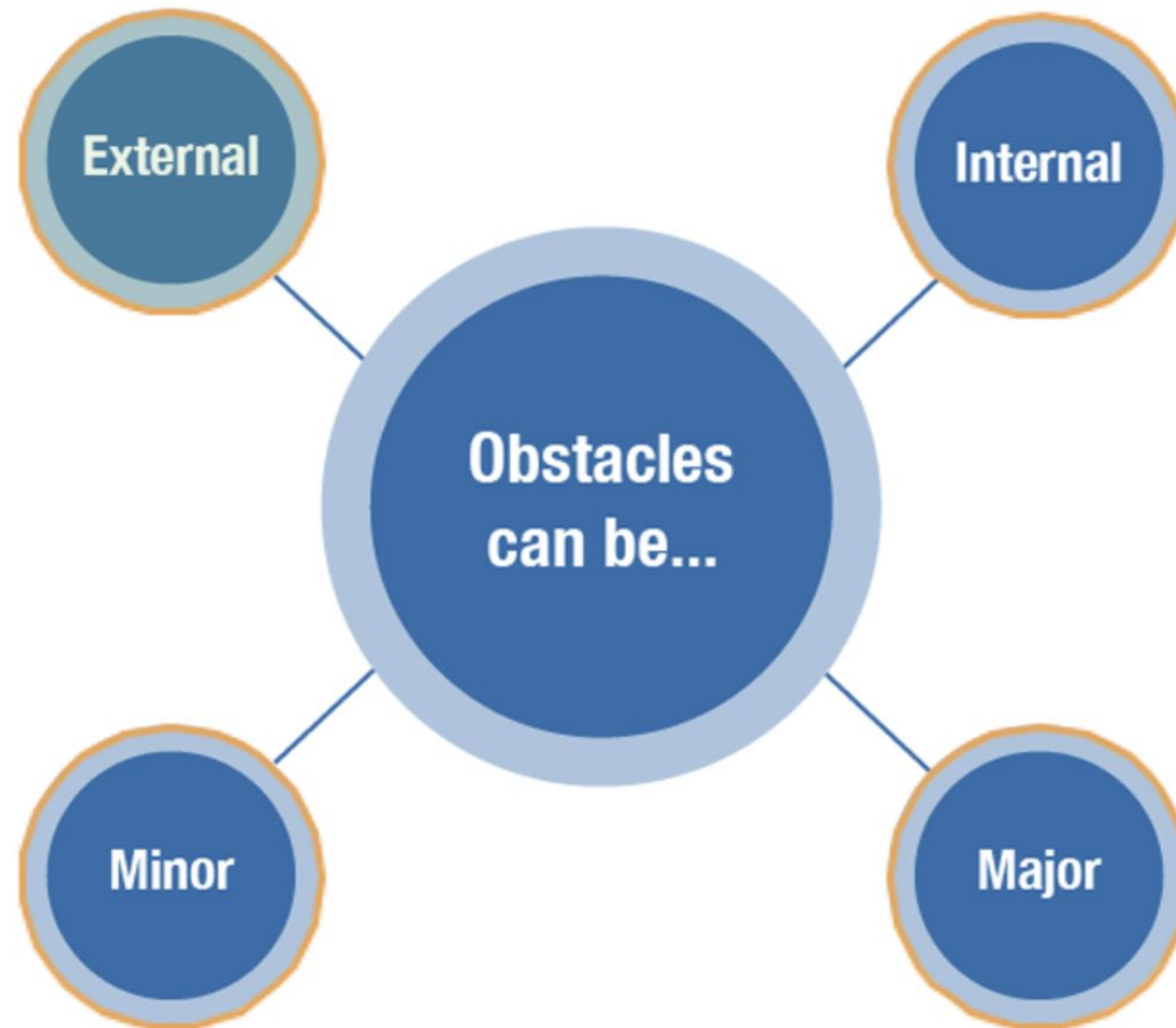
Obstacles are challenges that we face. They are things that block or prevent us from moving forward or making progress and most people face them at one time or another.



DISCUSS

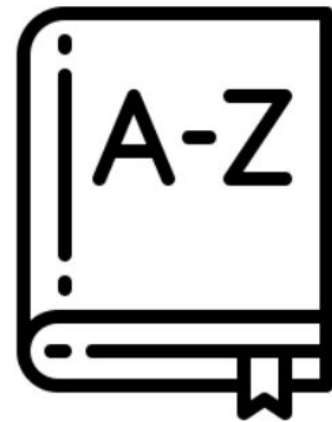


Types of Obstacles



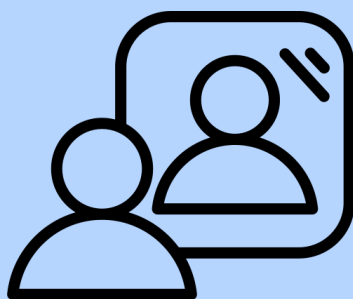
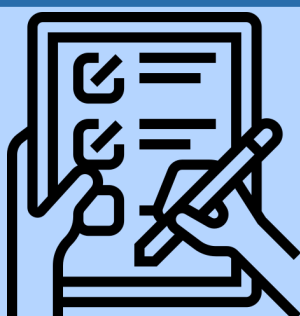


DIVE IN



Optimism

Optimism is an attitude of confidence. It helps you to believe that even though a situation may be challenging or troublesome, it will work out.



ACTIVITY



Individually, take the optimism quiz. Next, count the number of “A” responses and the number of “B” responses.



Worksheet

Name: _____ Date: _____

Overcoming Obstacles with Optimism

Take the quiz below to see if you are an optimist or a pessimist.

- When I am faced with a obstacle or challenge, I usually assume:
 - The best will happen.
 - The worst will happen.
- If there is a situation where something could go wrong in my life, I usually believe that:
 - Everything will be OK.
 - It probably will.
- When I think about the future:
 - Most of my thoughts are positive.
 - Most of my thoughts are negative.
- I expect that things will work out for me:
 - Most of the time.
 - Rarely.
- When something doesn't go the way I had hoped, it makes me want to:
 - Continue trying and hope for the best the next time.
 - Give up.

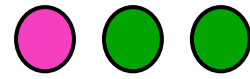
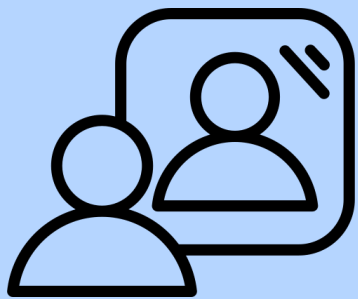
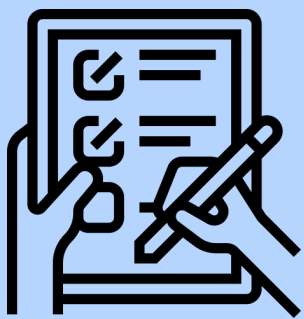
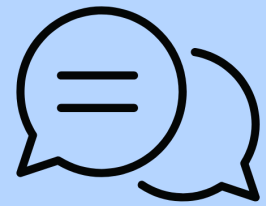
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Read each scenario and identify the pessimistic response and then an optimistic response.

	Pessimistic Response	Optimistic Response
You have a big test coming up in the subject that you struggle with the most.	I'm never going to pass, there's no point in even trying.	I'm going to study and do my best. If I still need help, I'll ask my teacher.
You are submitting an application to a competitive internship program.		
Auditions are coming up for a school play. You really want one of the main roles.		
You want to join a sports team but heard that over 100 people are trying out.		

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REFLECT



Reflect

Read each of the idioms and reflect how each exemplifies an optimistic view:

The glass is half full.

Every cloud has a silver lining.

When life hands you lemons, make lemonade.

There is a light at the end of the tunnel.

When one door closes, another one opens.



Extend & Enrich

Have students research a famous person who has had to overcome significant obstacles in their life and either create a timeline, multimedia presentation, poster, or write a biography describing important events that led to the person's success. Some examples of famous people who faced challenges are Michael Jordan, Stephen Hawking, Maya Angelou, Alexander Hamilton, and Richard Branson.



Home Connection



Home Connection

Overcoming Obstacles

Dear _____,

Today in class, we learned that **obstacles** are challenges that we face. They are things that block or prevent us from moving forward or making progress, and most people face them at one time or another. We also learned that **optimism** is an attitude of confidence. It helps you to believe that even though a situation may be challenging or troublesome, it will work out. We took a quiz to see if we were more optimistic versus pessimistic.

Please encourage your student to share the quiz results and, perhaps, complete the quiz as a family as well.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take 5 minutes to consider: Are you an optimist, pessimist, or realist? Take the (just for fun) test at www.buzzfeed.com/alexandrorrico/are-you-an-optimist-a-realist-or-a-pessimist and then reflect on the findings. Was it what you expected? What would you like to change?





Further Study

- Aperture, *Educator Guide to Optimistic Thinking*:
[apertureed.com/wp-content/uploads/2021/05/Optimistic Thinking EdSERT Aperture-Education-320-1.pdf](https://apertureed.com/wp-content/uploads/2021/05/Optimistic-Thinking-EdSERT-Aperture-Education-320-1.pdf)
- Edutopia, *Tips for Teaching Realistic Optimism*:
www.edutopia.org/article/tips-teaching-realistic-optimism
- Reachout.com, *Classroom Resources*:
<https://schools.au.reachout.com/>





Lesson Complete!

