



Overcoming Obstacles with Optimism

Unit and Module here




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.



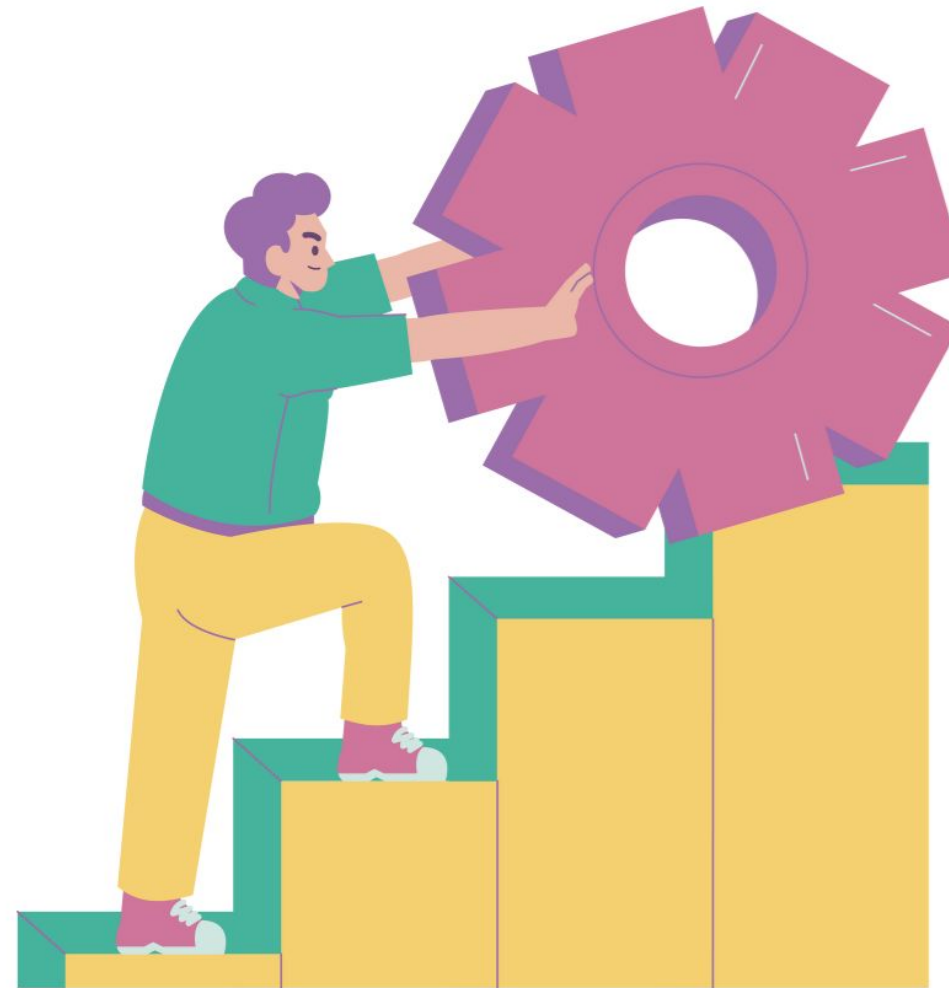
4. Read each of the idioms and reflect how each exemplifies an optimistic view.

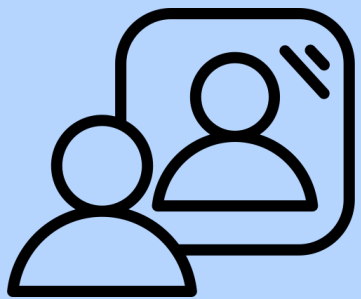
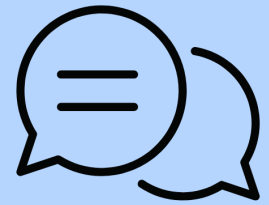


BRAINSTORM



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



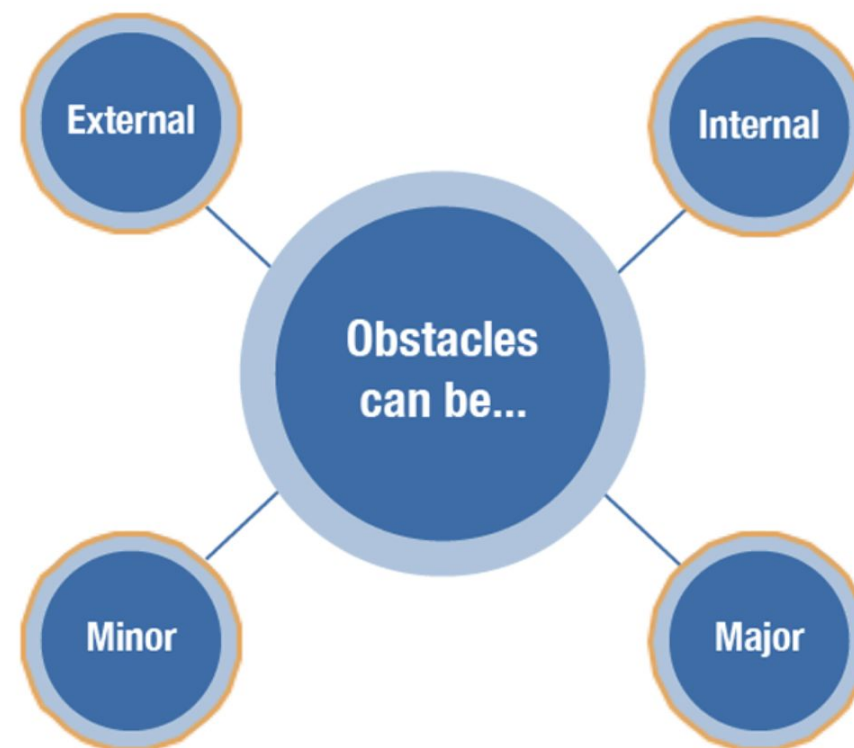


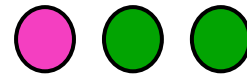
DISCUSS



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.





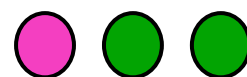
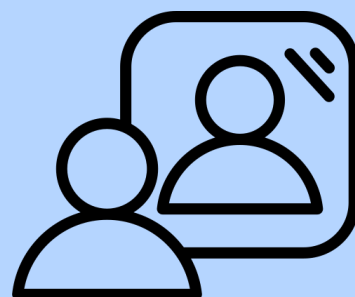
DIVE IN



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.

Research supports that people who are more optimistic tend to handle stress better and tend to use more appropriate self-regulation strategies than people who have a pessimistic attitude.



ACTIVITY



Complete the worksheet below.



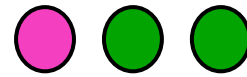
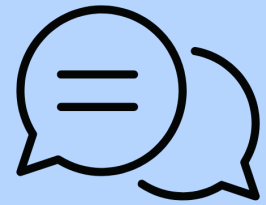
Worksheet

Name: _____ Date: _____

Overcoming Obstacles

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.



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

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 _____,

I wanted to share with you what your student has been learning about facing and overcoming obstacles. In our recent lesson, we explored the various challenges that students might encounter, both internal and external. We discussed that obstacles block or prevent progress, and they can range from minor disruptions, like getting a bad grade on a test, to major life events, such as dealing with grief after losing a loved one.

We emphasized that while we cannot control the obstacles we face, we can control our response to them. Students learned about the importance of problem-solving, stress management, healthy living, and practicing optimism. Optimism, in particular, is an attitude of confidence that helps individuals believe that even though a situation may be challenging, it will work out. Research shows that optimistic people handle stress better and use more effective self-regulation strategies. Maintaining a positive outlook makes them more likely to find realistic solutions to their problems and understand that difficult situations are temporary.

To continue this conversation at home, please ask your student: "What are some obstacles you think you might face in your final year of high school, and how can you use optimism and other strategies to overcome them?" This can be a great opportunity to discuss potential challenges and brainstorm ways to handle them positively and effectively.

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!

