

Ollie the Owl Learns About Optimism

Lesson Objective

Students will learn about the importance of optimism and how to find the positive in every situation through the story "Ollie the Owl Learns About Optimism."

Materials Needed:



- The story, "Ollie the Owl Learns About Optimism"
- The song, "Ollie the Owl's Optimistic Attitude"
- Paper and pencils, crayons and markers, glue stick
- Activity 1- Ollie the Owl and his friends puppets
- Activity 2- Optimism Sunshine handout
- Home Connection Letter

Introduction to the Topic (10 Minutes)

Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Briefly talk about what it means to be optimistic and ask if they can name something good that happened recently.
- Introduce the concept of optimism and explain how it helps us feel happy and see the good in every situation.

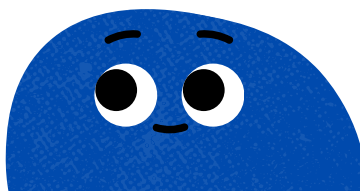
Greeting and Circle Time Teacher Script

1. Warm Welcome and Opening Discussion:

- "Good morning, everyone! Let's all sit in a circle. Today, we are going to talk about something very special called 'optimism.' Can anyone tell me something good that happened to them recently?"
 - (Allow children to share their experiences.)
- "Great! Optimism means looking for the good in every situation and staying positive, even when things don't go as planned. Looking for the good and trying to stay positive can help us handle difficult situations a bit easier. Let's learn more about it with a fun story about Ollie the Owl!"

2. Discussion Starter

- "Why do you think it might be helpful to think that good things will happen?"
 - (Allow a few children to share.)
- "Great! Let's see what Ollie learns in our story today."



Read the Story (15 Minutes)

Story Time Outline



- Read the story “Ollie the Owl Learns About Optimism” aloud to the class
- Ask questions during key parts in the story.

Story Time Teacher Script:

1. Prepare the students for the story:

- "Now, I'm going to read you a story called 'Ollie the Owl Learns About Optimism.' Listen carefully and think about how Ollie finds the positive in different situations."
- (Read the story aloud, pausing at key moments to ask questions and engage the children.)

2. Read the story with emphasis on key moments:

- While reading, pause during key moments to ask the following questions:.
 - "What do you think optimism means?"
 - "Why does Ollie feel discouraged at the beginning of the story?"
 - "How do Ollie's friends react when he feels frustrated?"
 - "What happens when Ollie focuses on what went wrong?"
 - "What do you think Ollie could do to feel better about the situation?"
 - "What advice does Grandma Owl give to Ollie?"
 - "How does Ollie's mood change when he starts thinking positively?"
 - "What do you think will happen next when Ollie tries again?"
 - "Why do you think it's important to keep trying, even when things are hard?"
 - "How would you encourage Ollie if he was your friend?"

Ollie the Owl Learns About Optimism



In a forest full of light,
Lived Ollie the Owl, who loved the night.
With feathers soft and eyes so wide,
He explored the woods with every glide.

But sometimes things didn't go as planned,
And Ollie would feel quite down and bland.
One cloudy day, with rain pouring down,
Ollie felt a big, sad frown.

His friend Harriet the Hare hopped by,
With a cheerful smile and twinkle in her eye.
"Why so sad, dear Ollie?" she said,
"Let's find some fun instead."

"It's raining," said Ollie, "and I can't play,
The clouds are dark, it's a gloomy day."
Harriet smiled and twitched her nose,
"Let's jump in puddles, feel the splash on our
toes!"

Ollie joined in, with a jump and a hop,
They laughed and played, not wanting to
stop.
He learned that fun can be found anywhere,
With a positive attitude, even in the air.

Next, Ollie met Benny the Bear,
Who was picking berries with tender care.
"Ollie, why do you look so blue?
There's so much joy in all you do."

Ollie sighed and shook his head,
"Some berries are gone, they must have fled."
Benny laughed, his chuckle so warm,
"Look at the bushes, they're still in form!"

"Sometimes things aren't perfect, it's true,
But there's always something good to view.

Let's pick these berries, sweet and bright,
And turn our troubles into delight."

Ollie felt his spirits lift,
With Benny's help, he saw the gift.
He learned to find the good each day,
In every little thing, come what may.

Then Ollie saw Betty the Beaver,
Working hard, never a deceiver.
"Betty," asked Ollie, "how do you stay
So happy and cheerful every day?"

Betty looked up with a sparkle in her eye,
"I think of the good, and never ask why.
When things go wrong, I take a deep breath,
And focus on the blessings that are left."

Ollie nodded, feeling inspired,
With Betty's wisdom, his heart was fired.
He learned that optimism is the key,
To finding joy in all you see.

So when things are tough and days are gray,
Ollie remembers to find a way.
To see the good and stay so bright,
With a positive attitude, day and night.

He knows that friends and a cheerful heart,
Can help him see the light from the start.
Ollie the Owl, wise and kind,
With optimism, peace he will find.
So if you ever feel down and low,
Remember Ollie's tale and let your heart glow.
Find the good in every day,
And let optimism light your way.

3. Post-Story Teacher Script

- “So, Ollie learned about the importance of paying attention or focusing on the thing that is important and ignoring distractions that get in the way. I think that’s true for us too.”

4. Post-Story Questions:

Ask these questions to help students reflect on the story and connect it to their own experiences:

- "What did Ollie learn about optimism?" (Summarize the main lesson of the story.)
- "How did Ollie’s feelings change from the beginning to the end?" (Help children recognize emotional growth.)
- "Can you think of a time when you felt frustrated like Ollie? What did you do?" (Encourage personal connections.)
- "What could you tell yourself next time something feels too hard?" (Help children practice self-encouragement.)
- "How did Ollie’s friends help him see things in a more positive way?" (Reinforce the importance of support from others.)
- "Why is it important to try again instead of giving up?" (Encourage perseverance and resilience.)
- "What are some words or phrases that can help us stay optimistic?" (Brainstorm positive affirmations.)
- "How can we help a friend who is feeling discouraged?" (Encourage kindness and encouragement.)
- "What is one thing you will do differently the next time you feel like giving up?" (Help children apply the lesson to their own lives.)
- "Why do you think optimism helps us feel happier?" (Encourage children to reflect on the power of positive thinking.)

Sing the Song (10 Minutes)



- Teach the children “Ollie the Owl’s Optimistic Attitude”
- Sing the song together a few times, encouraging the children to join in with the actions.

Teacher Script:

"Let's learn a song about optimism! It's called 'Ollie the Owl's Optimistic Attitude.' We'll sing it together and do some fun hand actions."

"Ollie the Owl's Optimistic Attitude"

Verse

Hand Movements

[Verse]

Ollie the Owl feels kinda shy
He's so quiet in the sky

Place finger to lips for quiet, then point upwards.

[Verse 2]

He looks around with big bright eyes
Wonders how to reach the skies

Make big circles around eyes with fingers

[Chorus]

Hoot hoot says Ollie
Happy every day
Hoot hoot says Ollie
In a sunny way

Cup hands around mouth and pretend to hoot.

[Verse 3]

Clouds may come but Ollie sings
Sees the joy that new day brings

Spread arms wide with a smile.

[Verse 4]

Sunrise brightens Ollie's flight
Turns the dark into the light

Flap arms like wings

[Chorus]

Hoot hoot says Ollie
Happy every day
Hoot hoot says Ollie
In a sunny way

Cup hands around mouth and pretend to hoot.



Do an Activity (20 Minutes)

Activity 1: Puppet Role Play (15 Minutes)



Introduce the Activity

- "Now, we're going to use some puppets to act out different situations where Ollie and his friends find the positive. Who wants to be Ollie? Who wants to be Harriet the Hare, Benny the Bear, and Betty the Beaver?"

Activity Instructions

- Use Ollie and his friends puppets to act out different scenarios provided where Ollie and his friends find the positive in challenging situations. These role-play scenarios encourage children to practice optimism and problem-solving, just like Ollie the Owl and his friends. Each situation presents a small challenge that children can act out and find a positive way to handle it.

1. Ollie's Rainy Day

- Situation: Ollie was excited to play outside, but it started raining.
- Role-Play: How can Ollie find something fun to do inside instead of feeling sad about the rain?
- Possible Positive Response: "Let's build a pillow fort or read a book together instead!"

2. Sammy's Broken Tower

- Situation: Sammy the Squirrel spent a long time building a block tower, but it accidentally fell down.
- Role-Play: How can Sammy stay positive and find a way to fix it?
- Possible Positive Response: "I can build it again, and maybe even taller this time!"

3. Betty's Lost Crayon

- Situation: Betty the Beaver was using her favorite blue crayon, but now she can't find it.
- Role-Play: What could Betty do instead of getting upset?
- Possible Positive Response: "I can use another color—it might make my picture even more special!"

4. Benny's Turn to Wait

- Situation: Benny the Bear wants to go down the slide, but there is a long line.
- Role-Play: How can Benny stay patient and find a way to enjoy waiting?
- Possible Positive Response: "I can cheer for my friends while I wait my turn!"

5. Harriet's Slow Running

- Situation: Harriet the Hare loves to run, but today she didn't win the race.
- Role-Play: What can Harriet do to feel proud of herself even if she didn't win?
- Possible Positive Response: "I ran really fast, and I'll practice so I can do even better next time!"

Activity Instructions Continued:

6. Buzz's Spilled Juice

Situation: Buzz the Bee accidentally spills his juice during snack time.

Role-Play: Instead of feeling bad, what could Buzz say or do?

Possible Positive Response: "That's okay! I can help clean it up, and I'll be more careful next time."

7. Ollie's New Game

Situation: Ollie the Owl is trying a new game, but he doesn't know how to play yet.

Role-Play: How can Ollie stay positive and keep trying?

Possible Positive Response: "I might not know how to play yet, but I can learn and have fun trying!"

8. Benny's Friend Can't Play Today

Situation: Benny the Bear wants to play with Harriet the Hare, but she is busy.

Role-Play: What can Benny do instead of feeling disappointed?

Possible Positive Response: "That's okay! I can play with someone else or do something fun by myself."

9. Sammy's Missing Puzzle Piece

Situation: Sammy the Squirrel is almost done with a puzzle, but a piece is missing.

Role-Play: How can Sammy stay calm and think of a good solution?

Possible Positive Response: "I'll look for it later! Maybe I can finish another puzzle while I wait."

10. Betty's Messy Art Project

Situation: Betty the Beaver is painting a picture, but she accidentally makes a mistake.

Role-Play: How can Betty turn her mistake into something fun?

Possible Positive Response: "Oops! I can turn this into something new—maybe it's a cloud now!"

"Great job, everyone! I love how creative everyone was in trying to find the positive in these challenging problems!"

Activity 2: Optimism Sunshines (15 Minutes)

Introduce Activity

"Next, we're going to make 'Optimism Sunshines.' Here's a paper sun for each of you. Decorate it with drawings, stickers, and write or have help writing something that makes you happy or a positive thought."

Activity Instructions

- Hand out the Optimism Sunshine handout and let the students decorate it with drawings, stickers, and positive words or phrases.
- On each sun, they can write or have help writing something that makes them happy or a positive thought.
- While they work, discuss the importance of staying positive and how it helps us feel happy
- During the "Optimism Sunshines" craft activity, use simple, encouraging language to help young children understand the importance of staying positive, even when things are hard.

"Okay, everyone! While we make our 'Optimism Sunshines,' I want to talk to you about something important. Sometimes, things don't go the way we want them to, right? Maybe it rains when we want to play outside, or we can't find our favorite toy. That can make us feel sad or frustrated.

But just like Ollie the Owl learned, we can still find something good in every situation. When we stay positive, it helps us feel happy inside. It's like having sunshine in our hearts, even on cloudy days!

For example, if it rains, we can have fun jumping in puddles like Ollie did with Harriet the Hare. Or if we can't find our favorite toy, we can play with another toy and maybe discover a new favorite!

So, while you're decorating your sunshines, think about happy things and good thoughts that make you smile. These happy thoughts are like little rays of sunshine that can brighten up any day, no matter what happens.

Can you think of something that makes you happy or something good that happened recently? You can draw or write it on your sun! Remember, staying positive helps us feel better and makes every day brighter, just like the sun."

Reflection:

"Let's all gather back in a circle. What did we learn about optimism today? How did Ollie find the positive in different situations?"

(Encourage a few children to share their "Optimism Sunshines" and explain what they wrote or drew.)

Wrap Up the Lesson (5 Minutes)



Review and Reflection Overview:

- Review what they learned about optimism and how Ollie found the positive in different situations.

Review and Reflection Teacher Script

- “Before we go, I have a special letter for you to take home to your families. This letter talks about everything we learned today. You can tell your family all about Ollie the Owl and the fun activities we did.”

Home Connection Letter

1. Sending Information Home:
2. “Before we go, I have a special letter for you to take home to your families. This letter talks about everything we learned today. You can tell your family all about Ollie the Owl and the fun activities we did.”
3. Hand out the letters as the children prepare to leave.

Emozi® Parent Letter

Dear Parents/Guardians,

Today in class, we learned about optimism through the story "Ollie the Owl Learns About Optimism." This story teaches children the importance of looking on the bright side and finding joy in everyday moments.

Here's what we learned:

- Optimism – Understanding that staying positive and looking for the good in every situation helps us feel happy.
- Encouragement – Recognizing that friends and family can help us stay positive and find joy.

We practiced these concepts through role-playing and making "Optimism Sunshines." You can help reinforce this at home by encouraging your child to talk about what makes them happy and how they can stay positive.

With gratitude,



Optimism Sunshine

