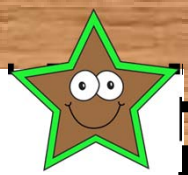


Optimism Choice Board



Optimism Journal: Write down three positive things that happened today. Reflect on how focusing on these positives makes you feel more optimistic.

Seeing the Bright Side: Think of a challenging situation you've faced recently. Write about how you could view the situation in a more positive or optimistic way.

Optimistic Self-Talk: Write down some negative thoughts you sometimes have, and then rewrite them in a more optimistic way. Practice using these positive statements when you feel down.

Optimism Role Model: Identify someone you know who is always optimistic, like a family member, friend, or public figure. Write about what they do to stay positive and how it inspires you.

Gratitude and Optimism: Write about how being grateful can help you be more optimistic. List five things you're grateful for and reflect on how they make your life better.

Positive Poster: Create a poster with an optimistic message or quote. Use drawings or colors that make people feel happy and inspired when they see it.

Optimism in Challenges: Think about a goal you are working toward that feels difficult. Write about how staying optimistic could help you keep going and achieve your goal.

Optimistic Future: Imagine your future 10 years from now. Write about the positive things you hope to achieve and how optimism can help you reach those goals.

Optimism and Teamwork: Write about how being optimistic can help you and your teammates succeed when working on a group project or playing a game together.

Optimism in Failure: Write about a time when you failed at something. Reflect on how you can use optimism to learn from your mistakes and try again.

Creating Optimistic Affirmations: Write down five positive affirmations (like "I can do hard things" or "Every day is a new chance"). Practice saying them out loud when you feel worried or stressed.

Optimism in Everyday Life: Think of a daily routine, like going to school or doing chores. Write about how you can find joy or positivity in these everyday tasks.

Optimism in Friendships: Write about how being optimistic can help you be a better friend. Think of ways you can encourage and support your friends when they feel down.

Optimistic News Report: Pretend you are a news reporter and write a short news story about something positive happening in your school or community. Focus on the good things people are doing.

Optimism in Nature: Go outside and find something in nature that makes you feel happy, like a flower, tree, or the sky. Write about how being in nature helps you feel more optimistic.

Sharing Optimism: Pair up with a classmate and share something good that happened to you recently. Discuss how sharing positive experiences with others can spread optimism.