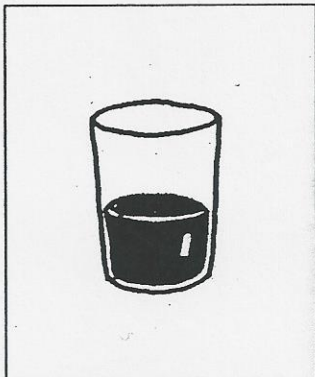


Are You an Optimist or a Pessimist?

The world is full of optimists and pessimists. Optimists tend to look on the bright side of things. They find the good in almost any situation. Pessimists tend to worry about bad things that might happen. They see potential problems in almost any situation. We need both in the world—optimists to give us encouragement, and pessimists to keep us cautious.

PART I: When you look at these pictures, what do you think of first? Circle a or b for each one.

1



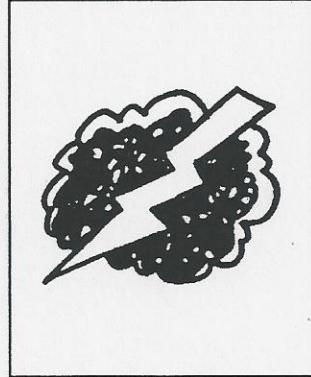
- a. half full
b. half empty

2



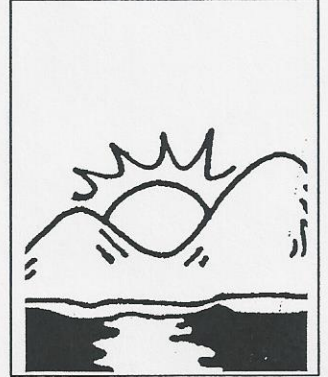
- a. beautiful weaving
b. icky spider web

3



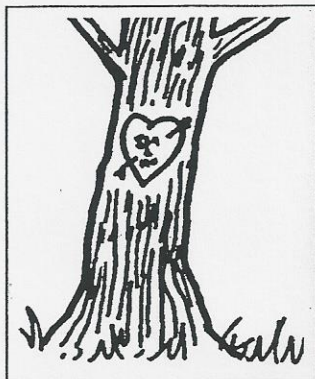
- a. an idea
b. danger

4



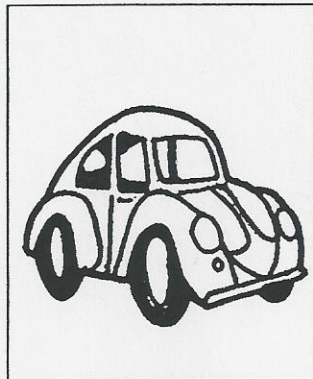
- a. new day dawns
b. old day dies

5



- a. young love
b. graffiti

6



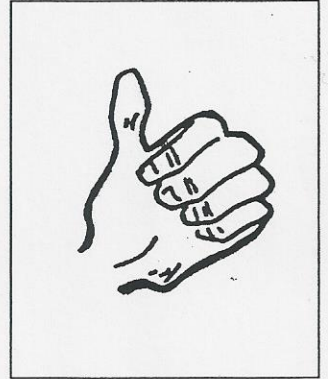
- a. future classic
b. used car

7



- a. holidays are coming
b. vacation is over

8



- a. "thumbs up" sign
b. hitchhiker

YOUR ATTITUDES

PART II: When you read these words, what do you think of first? Circle a or b for each one.

1. ROCKY ROAD

- a. ice cream
- b. tough time

2. FUDGE

- a. candy
- b. cheat

3. FALL

- a. beautiful season
- b. tumble

4. FLIGHT

- a. upward journey
- b. running away

5. SNAP

- a. easy
- b. break

6. TRICK

- a. magic
- b. to deceive

7. STROKE

- a. to pet
- b. a physical ailment

8. TRIP

- a. vacation
- b. stumble

What's Your STYLE?

Total your a's and b's from parts I and II.

a's b's

- 10 or more a's mean you may be an optimist.
- 10 or more b's mean you may be a pessimist.

Remember, we need both in the world!

Your friend Alex always picks you first for basketball teams. This time he picked the new kid. Give 3 different reasons why this could have happened.

Your science teacher ignores you when you ask him to explain a homework assignment. Give 3 different reasons why he did that.

Your friend Maria eats lunch with your group every day except today, when she cut in front of the line and sat with other people. Give 3 possible reasons why she would do that.

You are working on a PowerPoint in class and the guy next to you throws a pencil at some girl. The teacher holds you responsible and send you to the RT table. Give 3 different reasons why this could have happened.

You have been going out with Jessica for 6 weeks, and notice that she is often talking with your best friend. Give 3 different reasons why this could be happening.

Someone tells you that your best friend called you "fake" in a text message. Give 3 different explanations for what could be going on.

You are walking down the hall and someone you don't even know dogs you with a dirty look. Give 3 different explanations for what could have happened.

Your mom promised to take you and a friend to the movies Friday night but at the last minute changed her mind. Think of 3 possible reasons why.

IT'S ALL IN YOUR HEAD

What does your brain contain? The picture of the head is divided into sections. In each section write or draw what you spend the most time thinking about.

Optimism is the ability to look at the brighter side of life and to maintain a positive attitude, even in the face of adversity.

Next, using a different color pen or pencil, write positive thoughts to fill your brain.

