

# SOCIAL EMOTIONAL LEARNING

## SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: BEING OPTIMISTIC  
CASEL COMPETENCY: SELF-AWARENESS

### ACTIVITY INFORMATION

**Activity:** The Glad Game

**Grade Levels:** K-6

**Prep Time:** 0-5 min

**Activity Time:** <15 min

### MATERIALS AND ADVANCED PREPARATION

**Materials:** None needed.

**Preparation:** None needed.

### ACTIVITY

The character Pollyanna from the Disney movie of the same name plays a positive thinking game she calls "the glad game." While "Pollyannas" are sometimes viewed as having saccharine personalities, the game helps increase positive thinking habits. One person brings up a negative event, such as losing a job or a bowling league tournament, and starts off saying something like, "I've just lost my job and am trying not to panic." Other players provoke the first player to think positively by starting off a phrase, such as, "But now that I've lost my job, I'll have more time to--blank." The first player fills in the blank with a positive word or phrase, like "take a walk every morning," or "start the novel I've wanted to write." Searching for the silver lining in even a relatively disastrous event is the optimistic basis for the "glad game."