

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: BEING OPTIMISTIC
CASEL COMPETENCY: SELF-AWARENESS

ACTIVITY INFORMATION

Activity: The Optimism List

Grade Levels: K-6

Prep Time: 0-5 min

Activity Time: <15 min

MATERIALS AND ADVANCED PREPARATION

Materials: Paper and pencils

Preparation: None needed.

ACTIVITY

Open the discussion by providing examples to your students how you feed your optimism when you are feeling down. For example, after a bad day at school, you may go home and curl up with an uplifting book. Or, perhaps you find that exercise is important in fighting stress and feeding your optimism. What about a good night's sleep? Then get the students brainstorming a list of times when their optimism may need to be fed – like a poor test result, a fight with mom or dad, etc. Have them suggest ways they could go about feeding their optimism in these hard times. Then have students select ten ways they feed their optimism and create a top ten list. Encourage students to illustrate their lists as well and have fun with the dramatic reading of these lists. Students could put their top ten lists into poster format to post throughout the school. Or, consider holding a top ten list contest in your classroom.