

Optimism - Pre-K to 2nd Teacher Guide



What is Included

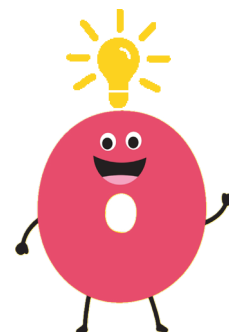
The purpose of this guide is to support teachers in empowering students to make positive choices even when faced with challenging situations. In this guide you will find: Connection Questions associated with the video, independent practice guidance, and extended learning opportunities. Each of these resources can be used independently or in conjunction with one another as time allows. For your planning purposes, please find the estimated time needed for each activity below.

Viewing the Video

- Watch the video together with the students.

Student Activities

- Connection Questions (before, during, and after the video) - 5-10 minutes.
- Fun Challenge, Student Activity, Drawing and Coloring Worksheet - 5-15 minutes.
- Extended Learning - 10 minutes.



Connection Questions and Checks for Understanding

Before the video 2-4 minutes

- Ask students: "Take a guess - what do you think optimism means?"
- "Can you remember a time that things didn't go the way you wanted them to?"
- "How did you feel? How did you act?"

During the video 3-5 minutes

- Pause the video periodically to incorporate Checks for Understanding (CFU).
- Ask students: "How does Peter's mom help him calm down when he's upset?" (Answer: deep breathing or "flower breaths")
- "Let's practice flower breaths together!" Guide students to breathe deeply in through their nose, and then out through their mouth slowly.

After the video

- "How did mom and Peter show optimism when their plans changed?"
- "Which part of our brains help us feel our feelings?" (Answer: Amygdala)
- "Which part of our brains help us think, and be more optimistic?" (Answer: Frontal lobe)
- "What is something we can do to calm down our feelings (amygdala), so that we can change our mood and think better using our frontal lobe?" (Answer: Breathing, dancing, being silly)

Independent Practice



Fun Challenge Worksheet

- Exciting introduction to the activities ahead.

Drawing/Coloring Worksheet

- Students can express themselves and relax their minds.

Student Activity Worksheet

- For grades 1st and 2nd.

Extended Learning

Read and Discuss

Read and Discuss how Optimism is demonstrated in the following books:

The Little Engine That Could
by Watty Piper

Last Stop on Market Street
by Matt de la Pena

Spin
by Rebecca Janni

