



TERMS OF USE

This resource and its content is copyright of Elsa-Support Ltd.
©Elsa-Support 2021. All rights reserved.

All free products on this site are subject to a **Creative Commons Copyright Licence**. You are free to copy, distribute, display, and perform the work under the following conditions:

Attribution: You must give the original author credit - that is **Elsa-Support**, and our copyright labels must remain on the resource.

Non-Commercial: You may **not** use this work for commercial purposes. **You cannot sell this work or use it for financial gain.**

No Derivative Works: You may **not** alter, transform, or build upon this work. **You must not change our work in anyway.**

Thank you for abiding by copyright law.



www.elsa-support.co.uk



Some of the clipart used in making this resource is licensed to us from the following:





Other resources you will LOVE!



Please click the image to take you to this related and relevant resource:

ELSA Wellbeing Calendar 2023

12 x A3 Posters to display with a monthly focus and lots of room to write important dates

ELSA Wellbeing Yearbookmarks

12 BOOKMARKS WITH POSITIVE AFFIRMATIONS IN COLOUR AND THE SAME IN BLACK AND WHITE


ELSA Wellbeing Desk Calendar



www.elsa-support.co.uk



Wellbeing Year Optimistic October

| | | | |
|---|---|------------------|--|
| Monthly focus | To find ways to be more optimistic - to look on the bright side. | Resources | Circle time sentence stem. Scenarios, and labels, blank paper for drawing if needed. |
| Run the group as a circle time. This would work for a small group or for larger groups too. | | | |
| Warm up | <p>Circle time activity with the sentence stem - It makes me happy when... Pupils to pass the card around the circle.</p> <p>If you begin with something such as 'It makes me happy to see all your smiling faces' or 'It makes me happy when my dog does something funny', anything at all that makes you happy. The pupils need to take turns in saying what makes them happy. This encourages them to look for the good.</p> | | |
| Activity | <p>Just like the warm up today where we looked at things that make us happy, we are looking at being optimistic. Have you ever heard the saying 'look on the bright side'? It's a bit like being a treasure hunter, but instead of looking for gold, you're searching for something special when things aren't going your way.</p> <p>For example - If I spill my cup of coffee on the carpet, I could be sad and cross with myself or I could look on the bright side and say 'Oh dear at least I will get chance to clean my carpet. It's been needing a clean'. That would make me happier thinking about a clean carpet rather than the spilt coffee. (Feel free to add any other scenarios).</p> <p>Sometimes in life, things might not go exactly as we planned. You might feel sad or frustrated because of a problem or a situation that seems tough.</p> <p>Looking on the bright side (being optimistic) means trying to find something good or positive, even when things seem a little sad. It helps to make you feel happier and more positive.</p> <p>Let's look at these scenarios and see if you can decide which is the optimistic response and which is the pessimistic response. Pessimistic is the opposite of optimistic. When you are pessimistic you look at the negatives. Can you find the bright side? We can read each card and decide whether it goes on one pile or the other pile. Put each card in the middle of the circle for pupils to add the scenarios to.</p> <p>It's envisaged there wouldn't be time for an independent activity but if you do have time ask them to draw an optimistic response to the following scenario...</p> <p>You accidentally spilt juice on your favorite book. (feel free to use another one if you wish).</p> | | |
| Review | <p>What have you learnt today? Do you think you will be able to look on the bright side and be more optimistic?</p> | | |
|  | <p>©Elsa-Support www.elsa-support.co.uk</p> | | |

**It's a rainy day,
but you put on your
rain boots and
jump in puddles,
making the most
of the weather.**

**It's a rainy day,
and you stay
indoors feeling
sad about not
being able to play
outside.**

**You lost a game,
but you had so
much fun playing
and made new
friends.**

**You lost a game
and feel terrible,
thinking you're not
good at anything.**

**Your favourite
thing broke, but
you can fix it or
find a new one to
love.**

**Your favourite
thing broke, and
you can't stop
crying because
you think you've
lost it forever.**

**You have a tricky
homework
problem, but you
know you can ask
for help and learn
from it.**

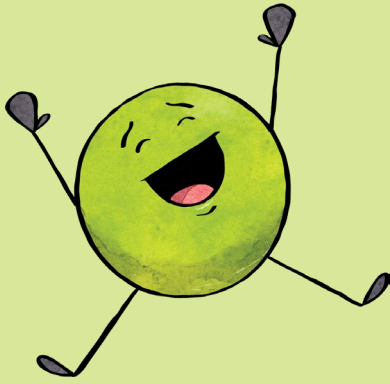
**You have a
difficult math
problem, and you
give up, thinking
you'll never
understand it.**

**Your friend didn't
invite you to a
party, but you plan
a fun day with
another friend
instead.**

**Your friend didn't
invite you to a
party, and you feel
lonely and left out.**

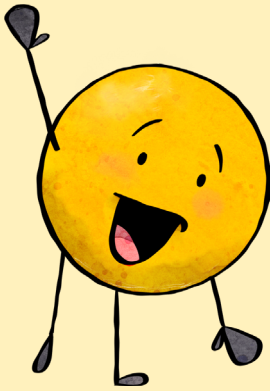
**You planned a
picnic, but it
started raining.
Instead, you have
an indoor picnic
and make it super
cozy.**

**You planned a
picnic, and it
started raining.
You sit at home
feeling
disappointed and
bored.**



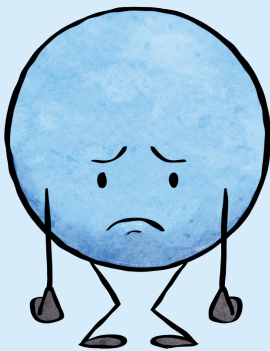
**It makes me
happy when...**

©Elsa-Support
www.elsa-support.co.uk



Optimistic

©Elsa-Support
www.elsa-support.co.uk



Pessimistic

©Elsa-Support
www.elsa-support.co.uk