

Lesson Overview

2) Optimism: Goldie and the Tree of Mindfulness

CASEL Standards:

SELF-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations

RESPONSIBLE DECISION-MAKING: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.

Academic Standards:

Common Core English/Language Arts Standards:

CCSS.ELA-LITERACY.W.K.8

CCSS.ELA-LITERACY.W.1.8

With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

CCSS.ELA-LITERACY.W.2.8

Recall information from experiences or gather information from provided sources to answer a question.

Common Core English/Language Arts Standards:

CCSS.ELA-LITERACY.SL.3.2

CCSS.ELA-LITERACY.SL.4.2

CCSS.ELA-LITERACY.SL.5.2

Determine the main ideas and supporting details of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

Objective:

Maintain a positive outlook.

Reflect on one's role to promote personal, family, and community well-being.

Essential Questions:

How can I maintain a positive outlook?

Why is it important to be optimistic?

I Can:

I can maintain a positive outlook.

I can be optimistic to encourage myself and others to overcome challenges.



Mindful Teaching Tips

Keep an optimistic viewpoint with your students. Remember that you may be one of the kindest, most positive, most empathetic adults your students have in their lives. Showing optimism with other faculty and staff is important. Planning a conversation about a disappointing outcome and sharing your thinking process can model this thought process. If you include regular sharing time in the classroom, include a session of sharing experiences about staying optimistic rather than objects.

Teaching Transcript

Before You Listen

As Goldie climbs the Tree of Mindfulness she learns about kindness, optimism, empathy, gratitude, and happiness.

This lesson focuses on optimism, or having a positive attitude.

Think about the last time you were around someone with a positive attitude.

- How could you tell they had a positive outlook?
- What did it feel like to be around a person with a positive attitude?

After You Listen

Nodkins the Bunny taught Goldie about optimism and being positive.

- How can you help others be positive?

Think about a time when you helped cheer someone up or lift their mood.

- How did it feel to help someone by being optimistic?
- Are you an optimist, or a person who looks on the bright side?



Home Time Activity

Make yourself a colorful reminder to stay optimistic. Include pictures or photos of all the people, places, things, and ideas that help you stay positive. When you're feeling down or having a rough day, you can look at your Positivity Poster and lift your mood.

Weekly Theme Card

Remember Goldie's journey to Bright Side Branch.

Mistakes are proof you're trying, so try to stay upbeat.

Look on the bright side and don't dwell on defeat.

Optimism brings good things to you, like a magnet!

Hang in there and do your best in everything you do.

