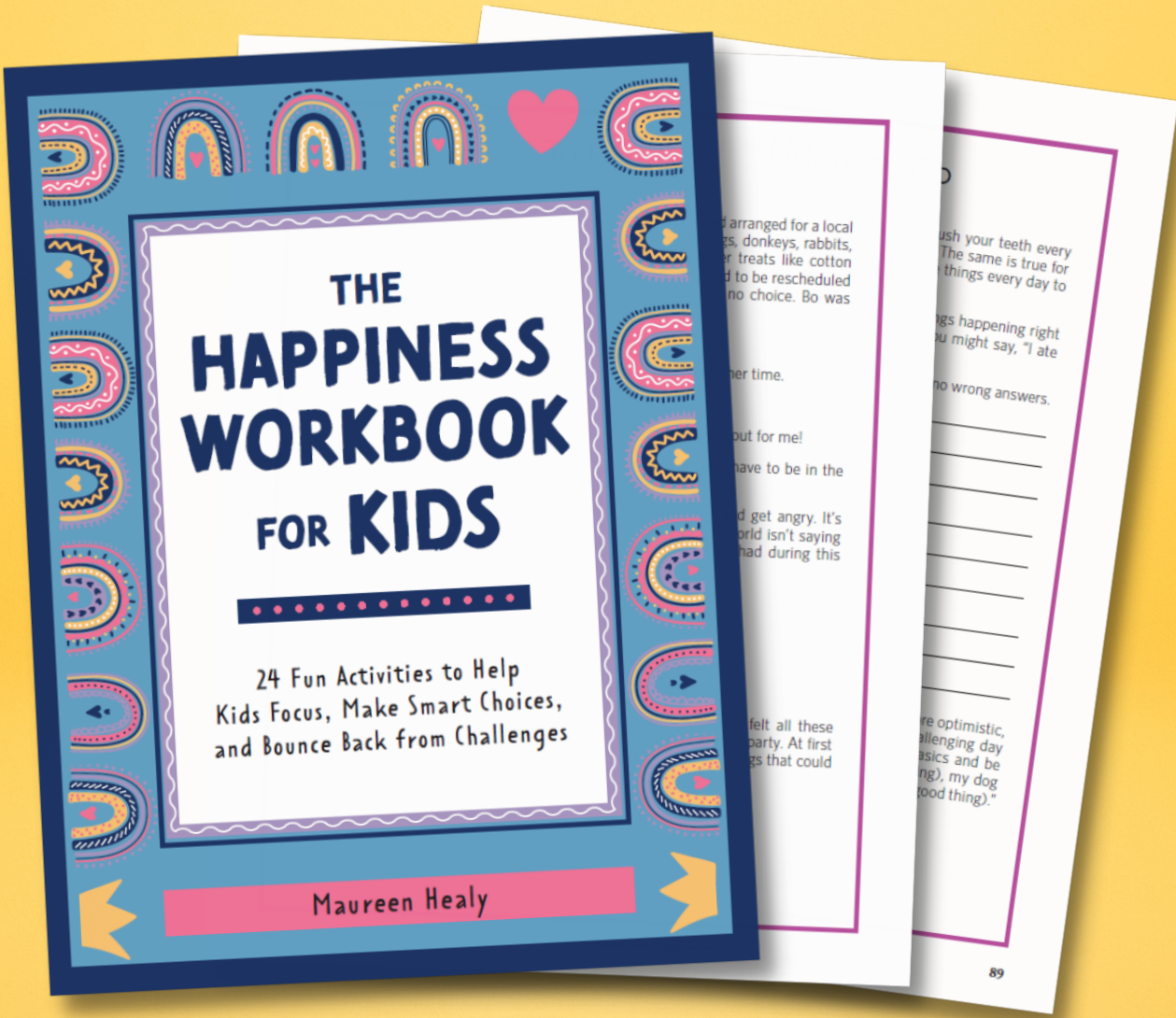


FREE

Using Optimism to Create *Happiness*



Practical and engaging printable tools

Activity

Optimism



HAPPINESS LESSON

Optimism is looking on the bright side of life. Imagine it is raining. An optimist might say, “Awesome. I get to wear my new rain boots and splash in the puddles!” They are focusing on what feels good (positive) and choosing not to focus on the challenging (negative) part of the experience or situation.

Some days are clunkers. They just feel no good. That’s normal, and you can often begin again, as we learned before. But the person who can see the positives in a negative situation is an optimist. Of course, some people are more optimistic than others, but everyone can get better at choosing to see the good things even when they’re facing challenges.

Optimism is choosing to focus on the positive parts of any situation. Optimism isn’t wimpy either. It takes a whole lot of courage to be optimistic in a world that often shares bad news, what you’re doing wrong, and what you need to improve.

Optimistic people (both adults and children) are happier people. They see the good things, especially when others see challenges. Of course, they have challenging days too. But in general, optimistic people choose to ask: What good can come from this? Can I learn something here? What is my next best step?

To Do

Bo's birthday party was scheduled for Saturday. His parents had arranged for a local farm to bring over animals from the petting zoo, like goats, pigs, donkeys, rabbits, and chickens. He was thrilled to have the animals, plus other treats like cotton candy and a popcorn machine. But unfortunately, Bo's party had to be rescheduled due to a thunderstorm. It was so unexpected, but there was no choice. Bo was really bummed.

Circle the optimistic thoughts Bo could think in this situation.

What a rotten, no-good thing!

We can do it another time.

Everyone is safe.

I hate this!

I still get gifts.

Things never work out for me!

More time for video games!

The animals don't have to be in the rain all day.

When things don't go our way, sometimes we feel frustrated and get angry. It's helpful to remember that when things don't go as planned, the world isn't saying "no." It's just saying "not *now*." Circle the feelings you think Bo had during this experience.

Anger

Relief

Sadness

Playfulness

Frustration

Hope

Calm

Disappointment

If you circled any of the answers, you are correct. Bo could have felt all these different emotions when he unexpectedly had to change his birthday party. At first it was a big bummer! But then Bo decided to look for the positive things that could come out of this—like maybe, he would get even more presents!



... And More to Do

Habits are the daily things we do. For example, you likely brush your teeth every day, and that helps you feel good and take care of your body. The same is true for your mind. You need to get into the habit of feeding it positive things every day to help it see the good things.

One way to become more optimistic is to look for positive things happening right now—things you can appreciate and focus on. For example, you might say, “I ate pizza today” or “I have no homework today!”

Make a list of three good things that happened today. There are no wrong answers.

1. _____

2. _____

3. _____

Identifying three good things from each day will help you become more optimistic, and it ultimately moves you in a happier direction. If it's been a challenging day and it's hard to find good things, the secret is to go back to the basics and be thankful for everything. For example: “I woke up today (first good thing), my dog loves me (second good thing), and the weekend is almost here (third good thing).”



Happiness is a result of our own thoughts and actions.
But how do we teach that to children?
The Happiness Workbook for Kids is the key.



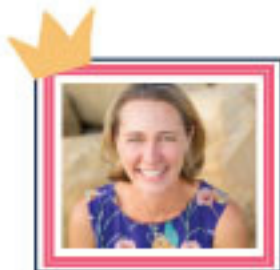
In this insightful yet easy-to-read workbook, Maureen Healy teaches kids how to become happier despite the everyday obstacles, frustrations, and big emotions that often challenge their ability to make good decisions. With the tools inside, children will learn how to constructively express their emotions, bounce back from challenges, and move toward happier life experiences.

Intended for elementary and middle school-aged children, this workbook simplifies complex ideas so children can:

- 👑 Cultivate self-awareness
- 👑 Build emotional health and well-being
- 👑 Strengthen resilience and self-reliance
- 👑 Develop habits of happiness
- 👑 Make smart choices (even with tough emotions!)



By harnessing the awesome power of happiness, this book will help kids recognize how smart, strong, and capable they are of creating their happiest life.



Maureen Healy is an author and leader in the field of children's emotional health and education. She has worked with parents and children across the globe, from the Bronx to the base of the Himalayas (where she lived for a time!). Maureen's last book, *The Emotionally Healthy Child*, has a preface from the Dalai Lama and is sold worldwide. Learn more about Maureen's work and books at growinghappykids.com

Order your copy at
www.pesi.com/happykids

