

nurturing potential



Session: 'Optimism'

Pre-session Preparation

Copies of worksheets

A supply of balloons and a room layout to accommodate two lines for the activity.

Learning Objective

Developing an understanding and appreciation of optimism versus pessimism.

Two minute recap of last session.

Hand out 'Optimism' Session worksheet

Ask children to write their name, date, and session number on the top of the sheet

Start the Session.

The session evolves around an activity – two teams passing balloons held between their knees to each other.

Ask who thinks it's possible to do. Ask who thinks it isn't possible to do or it's a silly idea. Divide the group into their teams according to their answers. Ask each team to put all their concentration into their belief that it is, isn't possible or is a silly idea.

The Rules

If a balloon bursts or touches the ground it has to start again at the beginning.

First team the get the balloon to the end of the line wins.

If there is time, introduce a relaxation to increase their optimism to do better next time and see if the result changes.

End of activity discussion

Did the optimists win?

What feelings did they experience while playing the game?

If they had to start at the beginning again, did that change their feelings? If so how?

Did they go from optimistic to pessimistic, or vice versa?

How did they feel if (optimists) dropped the balloon, and (pessimists) they passed it successfully?

How can they apply this to their life?

NOTES: Some people say being pessimistic means they are never disappointed, however does that mean they never enjoy anything? These same people also say that optimists have their 'heads in the clouds' and don't see things for what they really are.

Discuss the concept of "do we get what we expect?" If we don't expect things to go well does that mean they won't? If we're optimistic does that mean we'll see the best in whatever happens even though it may not be as we expected?

Alternate Activity - This may be more appropriate for younger individuals.

Throwing tennis balls into a bucket – see how many the team can get in during the time allotted.

Relaxation – Last 5 minutes

Close session and thank participants for their time and contribution.



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Name:	Date:
Session Number:	Session Name: Optimism

Developing an understanding and appreciation of optimism and pessimism.

Following the activity you have just complete make notes on the discussion that took place.

Did you start as an optimist (yes we can do this and its fun)? Why?

Did you start as a pessimist (we can't do this and it's a stupid idea anyway)? Why?

What feelings did you experience while playing the game?

If your team had to start at the beginning again, did that change your feelings? If so how?

Did you go from being optimistic to pessimistic, or vice versa?

If you started as an optimist how did you feel if you or your team dropped the balloon? Why?

If you started as a pessimist how did you feel if you passed the balloon successfully? Why?

How can you apply this to your life?