

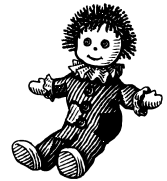
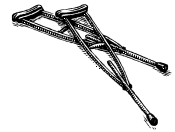
Topic: Gratitude (Optimism)

Let's get started . . . Share 5 things you're **thankful** for with the person sitting next to you.

Story: The children's book, Pollyanna, tells about a young girl who plays "The **Glad Game**" with everyone she meets. Here's how you play the game. In every situation, you find something to be glad (happy) about. For example, Pollyanna was very poor.

Sometimes people sent a box of used things to her family. Pollyanna really wanted a doll. But when the used things came, there was no doll, only a pair of crutches. Pollyanna was sad. But she decided to be **glad** about the crutches, because she didn't need them. Her legs were healthy.

Pollyanna lives in a new town after her father dies. She makes friends with the people in the town and teaches them all to play "The **Glad Game**".



One day, Pollyanna is hit by a car. Her legs are hurt badly, and the doctor says, "you'll never walk again." She is very sad and can't find anything to be **glad** about. But, the town's people visit and tell her how she helped them to be happy. "I'm so **glad!**" she says. "I'm happy that I **had** legs, so I could visit everyone and teach them "The **Glad Game**."

What do you think about "The Glad Game"? When life is hard, what do you do? Explain.

In pairs, talk about optimism and pessimism:



1. A **pessimist** thinks things will go **badly** in the future. An **optimist** thinks things will go **well** in the future. Are you an optimist or a pessimist or a combination? Give examples.



2. Is the glass of water **half-full** or **half-empty**? Why do you say that?





Full

Half-way

Empty

Interview 3 people. Write their names in the far left column. Then ask them about people they know. Are their friends, family, coworkers, politicians or others **optimists** or **pessimists**?

Name	Who is an optimist? 	Who is a pessimist? 

Discussion Questions - talk in pairs or small groups. Change groups from time to time.

When are you happy or very happy? Why?

When are you sad or very sad? Why?

If you are sad, do you try to become happy? If so, how? If not, why not?

What are the pros (good things) and cons (bad things) about two or more of the following?

Being single

Having a family

Taking the bus

Having 2 jobs

Having no job

Being a student

Owning a home



Practice new language:

Examples: "I'm pessimistic about my chances of getting into nursing school." "I'm optimistic about getting a high score on the TOEFL test."

Fill in the blanks:

"I'm pessimistic about _____"

"I'm optimistic about _____"

Dialogue (Conversation) Practice.

Situation: Bill and Hong's coworker, Leo, just got laid off. Now, Bill has to do his **own** job and Leo's job too. Bill and Hong discuss this.

<i>Harder</i>	<i>Easier</i>
Bill: I don't know how I'm gonna manage.	Bill: I don't know what to do.
Hong: It's tough. Tough on Leo, too.	Hong: It's tough.
Bill: Yeah, that's for sure.	Bill: That's for sure.
Hong: Well, look on the bright side. You still have a job!	Hong: But, it's good. You have a job.
Bill: True. Two jobs!	Bill: True!

New vocabulary: glad, used, future, combination, pros, cons, optimist, pessimist, optimism, pessimism, "look on the bright side",

Keep talking about it this week: Ask a coworker or friend to name 5 things they're thankful for. Write down what they say and share it at Talk Time next week.

More on Pollyanna: http://en.wikipedia.org/wiki/Pollyanna#Plot_summary