



### Lesson 3: Feeding Your Optimism!

**Objective:** The objective of this lesson is to have each student create a list of ten ways that they can feed their optimism.

**Materials :**

Pens, pencils, paper, chalk board for brainstorming

**Procedure :**

1. Open the discussion by providing examples to your students how you feed your optimism when you are feeling down. For example, after a bad day at school, you may go home and curl up with an uplifting book (Chicken Soup for the Soul Series). Or, perhaps you find that exercise is important in fighting stress and feeding your optimism. What about a good night's sleep?
2. Get the students brainstorming a list of times when their optimism may need to be fed – like a poor test result, a fight with mom or dad, etc. Have them suggest ways they could go about feeding their optimism in these hard times.
3. Have students select ten ways they feed their optimism and create a top ten list.
4. Encourage students to illustrate their lists as well and have fun with the dramatic reading of these lists (David Letterman style).

**Extension Activities:**

Students could put their top ten lists into poster format to post throughout the school. Or, consider holding a top ten list contest in your classroom. Submit your best lists to [www.feedyouroptimism.com](http://www.feedyouroptimism.com) for possible publication on our website.