



Resilience & Learned Optimism

Teacher Guide

Overview:

There are psychological concepts and strategies that can help students develop the abilities to bounce back from challenges and to cultivate a more positive outlook towards everyday adversity.

Resilience and Positive Psychology's strategies for Learned Optimism can help students to dispute catastrophic thinking and pessimistic self-talk, thereby improving their mindset. This lesson explains these two concepts in simple terms for K-12 students.

Lesson Prompt:

Have you ever known anyone who bounced back from a loss or a difficult situation? What kinds of inner qualities enable a person to be able to do that? What kinds of things do you say to yourself when things go wrong? Do you think that the way you "talk to yourself" can affect how things turn out in the end?

Share the prepared PowerPoint slide deck with students.

Select from the list of critical thinking and discussion questions. There are prepared multiple-choice questions to measure retention of the key concepts. There are also some activities for students to use in practicing the skills of learned optimism and measuring their own current levels of resilience and optimism.

Vocabulary:

Psychology, Traits, Resilience, Optimism, Pessimism, Stressor, Adversity, Pervasive

Recommended Resources:

Here is an online quiz students can take to get measurement of their resiliency:

<https://resiliencyquiz.com/index.shtml>