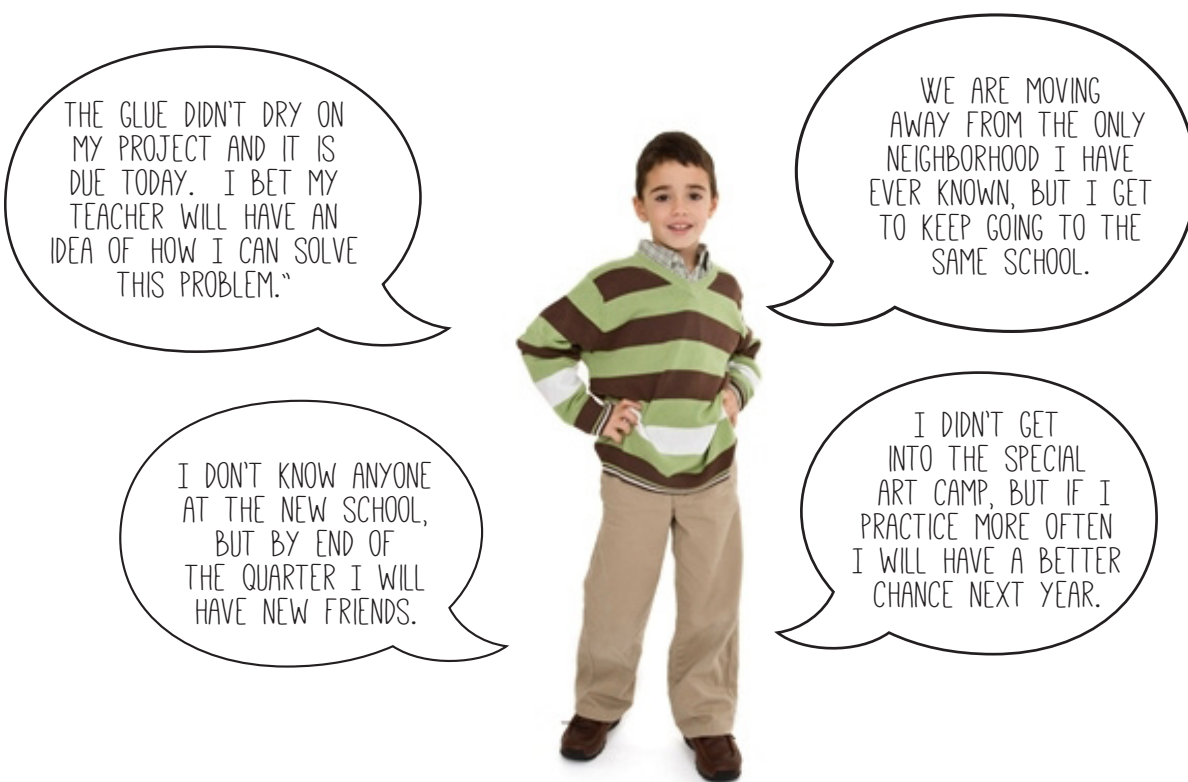


Expecting the best for the future and working to achieve it.

People who are optimistic have hope that things will work out. They know that a situation isn't permanent and they believe that through effort they can make a situation better. Optimists know that events are not completely pervasive; even when one part of life may be very negative, the optimist looks at the whole picture so that pain and problems are contained. Optimists don't take all the problems in their life personally, they don't have a "why me," victim mentality. Optimists feel like they are in charge of how they respond to life's events.

Optimistic children display successful problem solving skills and a positive attitude even when things don't go as planned.



You can help children develop optimism by modeling optimism in your talk and in your actions. You can help children understand that **negative events are usually over** in a relatively short amount of time and do not influence your whole life or even your whole day. You can celebrate children's optimism when they **work hard to find a solution** or are positive despite unexpected problems.



MEETING STREET ACADEMY
**PATH TO
SUCCESS**

People who are optimistic demonstrate hope and positivity even when faced with problems. Optimistic people are on the PATH TO SUCCESS.