



Introduction (5 minutes)

Welcome to this worksheet on applying optimistic attitudes and self-belief to overcome challenges and achieve goals. This worksheet is designed for 7-year-old students and aims to help them develop a growth mindset, build resilience, and achieve their full potential.

Activity 1: What is Optimistic Attitude? (10 minutes)

Read the following definition of optimistic attitude: "A mindset that helps us to stay positive and focused, even when faced with obstacles." Draw a picture that represents an optimistic attitude. Write a short sentence that describes what optimistic attitude means to you.

Activity 2: Setting Goals (15 minutes)

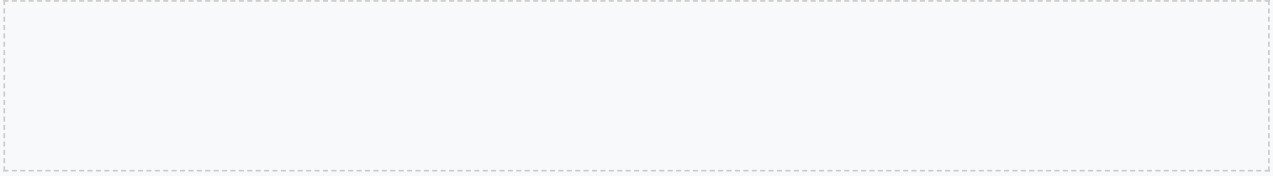
Think about something you want to achieve in the next month. Write down your goal. Break down your goal into smaller, manageable steps. Write down each step. Draw a picture that represents your goal.

Activity 3: Overcoming Obstacles (15 minutes)

Read the following scenario: "You want to ride a bike, but you are afraid of falling." Write down three things you can do to overcome your fear and achieve your goal. Draw a picture that represents you overcoming your fear.

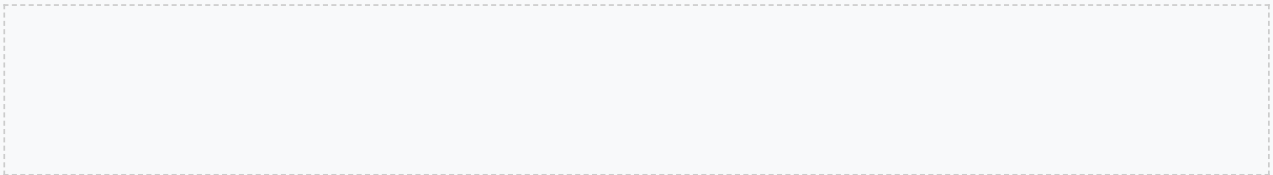
Activity 4: Positive Self-Talk (10 minutes)

Read the following affirmations: "I can do it!", "I am capable!", "I am strong!" Write down three affirmations that you can use to motivate yourself. Draw a picture that represents positive self-talk.



Activity 5: Reflection (10 minutes)

Think about a time when you faced a challenge and overcame it. Write down what happened. What did you learn from the experience? Write down one thing you learned. Draw a picture that represents what you learned.



Activity 6: Goal-Setting Plan (15 minutes)

Write down a goal you want to achieve in the next week. Break down your goal into smaller, manageable steps. Write down each step. Create a plan to achieve your goal. Write down what you will do each day to achieve your goal.

Activity 7: Celebrating Successes (10 minutes)

Think about a time when you achieved something you were proud of. Write down what happened. What did you do to celebrate your success? Write down one thing you did. Draw a picture that represents your success.

Activity 8: Learning from Failures (10 minutes)

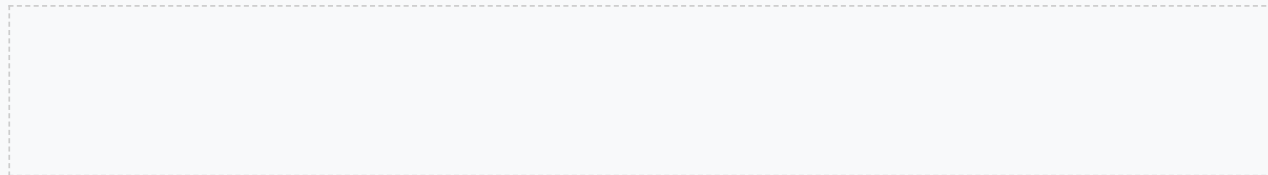
Think about a time when you failed at something. Write down what happened. What did you learn from the experience? Write down one thing you learned. Draw a picture that represents what you learned.

Activity 9: Self-Reflection (10 minutes)

Write down three things you are grateful for today. Write down one thing you are looking forward to tomorrow. Draw a picture that represents your gratitude and excitement.

Activity 10: Conclusion (5 minutes)

Write down one thing you learned from this worksheet. Draw a picture that represents what you learned. Share your picture and what you learned with a friend or family member.



Differentiated Activities for Mixed-Ability Groups

For students who need extra support:

- Provide additional guidance and support during activities
- Offer one-on-one assistance when needed
- Modify activities to make them more accessible

For students who need a challenge:

- Provide additional challenges and extensions to activities
- Encourage them to create their own activities and share with the class
- Offer opportunities for leadership and mentoring

