

SOCIAL STORY ON POSITIVITY

_____ is my class teacher, _____ is my support teacher and _____ is my SNA.

(SET Teacher's name) and I are learning about being positive and having a 'growth mind-set'. Being positive means that I focus on the good things in each situation instead of the bad.



Pessimist

People who focus on the good are called "optimists" and people who focus on the bad are called "pessimists". Optimists are happier and healthier than pessimists.



Optimist



An optimist would look at this glass of water and say it is half full. A pessimist would look at the same glass water and say it is half empty. The optimist would be happy because they focus on all of the water that they have left. The pessimist would feel sad because they focus on the water that they don't have.



I wanted a glass of water but this is all I have left.



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Stories For Thinking

Margaret Mallett



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