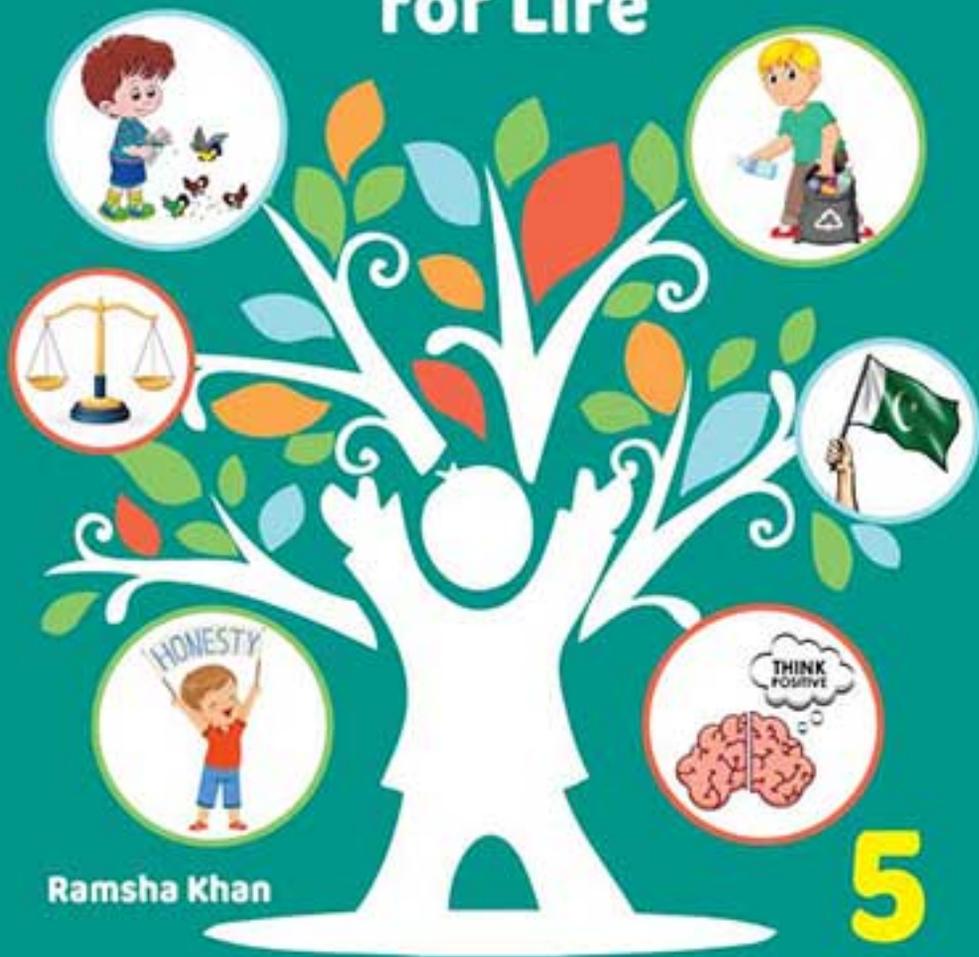




ETHICAL VALUES

for Life



Ramsha Khan

5

OPTIMISM

Optimism means to look at the **positive** aspects of things or to see and expect the best in all things.

Pessimism means to look at the **negative** or **worst** aspects of things or to believe that the worst will always happen.

An **Optimistic** person will look at failure as an opportunity to improve themselves and experience more success in the future.

A **Pessimistic** person will look at failure as the end of everything and they will stop making any more efforts to make things work.

Benefits of Optimism

1. See Failure as a new Start

Optimism allows us to learn from failures, pick up the pieces and move on to something better.

2. Be Expansive

Optimism opens us up to new ideas, new experiences and new possibilities. Pessimism, however, makes us contract and shy away from new or adventurous things.

3. Stay Healthy

Focusing on the positive, instead of the negative, improves mental well-being, which can motivate individuals to take better care of their bodies, as well.

4. Spread Good Vibes

Optimism is contagious. Having an upbeat attitude can inspire everyone around us to be positive too.

5. It is the Best Choice

There is no better alternative to optimism. Optimism helps us see new opportunities, learn from different situations, and keep moving forward.

-Anonymous



What do you think is harmful about **Pessimism**? Discuss with your class and briefly write it down.





Optimism and Pessimism



Here are some major differences between **Optimism** and **Pessimism**.

Optimism

1. **Optimists** believe they are **in control** of their life and they believe they can **shape their future** themselves.
2. **Optimists** are **Forward-Looking** and they are always looking for **opportunities** to make something good happen.
3. **Optimists** are **Confident** in themselves. They believe they **can overcome** whatever life throws at them.
4. **Optimists** see **Possibilities**. A positive-minded person would say, "What should I do next? There are so many **exciting options!**"
5. **Optimists** lead **Better Lives**. An **Optimistic** person feels **confident** to do things just the way he wants and stays satisfied in life.

Pessimism

1. **Pessimists** often feel **no sense of control** over their lives. They **get wrongly influenced** by people very easily.
2. **Pessimists** are **not forward-looking** in general. They find it **hard to let go** of their past.
3. **Pessimists** don't believe this, and they become "**victims**" of **circumstances**.
4. **Pessimists** see **Problems**. A negative-minded person would say, "What should I do next? I've got so **many problems** to deal with!"
5. A **Pessimist** will be **extra careful** with everything he does, **always taking precautions** and **holding back** from adventures.



Do you believe Optimism is the better choice? Why? Explain with a real-life example.



Happy Scavenger Hunt

A

How can you “feed your optimism” and feel positive when you are feeling down? Yes, by doing things that make you feel calm and happy.

C

For example, after a bad day at school, you may go home and curl up with an uplifting book (e.g. Chicken Soup for the Soul Series). Or perhaps you feel that exercise is important in fighting stress and feeding your Optimism.

T

How about, you help someone out with a problem they are facing, or do something to bring a smile on their faces; how would you feel then?

H

Below is a Scavenger Hunt that you have to complete within a week's time.

Feed a stray cat or dog	Help an elderly person to cross the road	Feed a helpless poor person
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clean up trash from your street	Help mum finish house chores	Help your younger brother/sister to finish their homework
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

V

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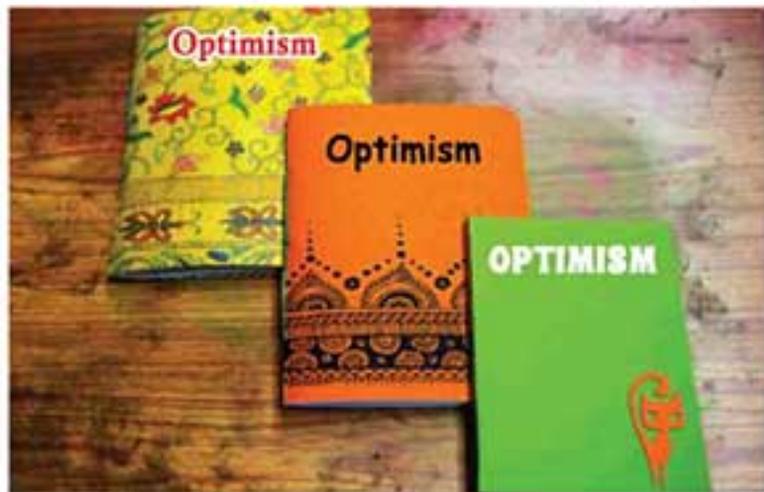
Tick on each box once you have done it and then write down how you felt about it.

Can you come up with more of such happy things that can help feed your optimism? Display them on a poster to post throughout the school.

Optimism Experts

How would you feel if people around you feel comfortable sharing their feelings with you?

Wouldn't it feel amazing? It would be like you are the 'Optimism Expert'!



Write an Acrostic poem or any other kind of a poem about 'Optimism'. A poem doesn't necessarily have to rhyme.

Create an illustration for your poem. You can paint it, make a pencil sketch or even make a collage.

We are going to compile all the students' poems and make a classroom booklet on Optimism.

Get the book published as a school magazine or even post it throughout the school to raise an awareness about Optimism.

Ask the other students to comment on them. Take the opportunity to teach others (the readers) about **Optimism** and **Pessimism**. You will become the Optimism Experts of your school.



CONFLICT RESOLUTION

When two or more people disagree in a certain situation and can't decide who is right, they have reached a **Conflict**.

Conflict Resolution is a way for two or more people to find a peaceful solution to a disagreement among them.

Have you all read the story of Goldilocks and the three Bears? What happens in the story?

The Story of Goldilocks and the Three Bears

A girl named Goldilocks goes for a walk in the forest and finds a beautiful house. She knocks on the door, but when nobody opens, she walks right in.

She finds freshly made bowls of porridge on the breakfast table, and without thinking she starts eating them. After she'd eaten, she rests on a small chair, which eventually breaks because it's too tiny for her. Then she ends up sleeping in one of the beds she finds in the bedroom.

The house actually belonged to the three bears: Mama bear, Papa bear and Teddy bear. When the three bears walk in and find her sleeping on their bed, they don't like it at all. Goldilocks becomes really scared that she's been sleeping in a house of three grizzly bears, and that they could hurt her.



-Anonymous

Goldilocks is scared, while the grizzly bears are very angry.

Goldilocks and the three bears have reached a **Conflict!**

Can you help Goldilocks and the three bears solve the issue without a fight?



Think about it...

What was the conflict in the story?

List down the names of the main characters in the story of Goldilocks.

Characters:

- | | |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

How do the characters feel about the conflict they have reached at the end of the story?

Characters:

Feelings about conflict:

- | | |
|----------|----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |

What do the characters think they need in order to feel better? What do the characters really need to help them fix the conflict?

Characters:

What they need to feel better:

What they need to fix conflict:

- | | | |
|----------|----------|----------|
| 1. _____ | 1. _____ | 1. _____ |
| 2. _____ | 2. _____ | 2. _____ |
| 3. _____ | 3. _____ | 3. _____ |
| 4. _____ | 4. _____ | 4. _____ |



About the Series

Ethical Values for Life for levels 1 through 5 has been specially designed with the aim to present ethical and moral values that develop a child's character. Through this set of books, students will gain experience of ethical reasoning and critical thinking. It is hoped that the students will not only acquire the knowledge of ethics, but they will also learn the skills to practice moderation in every aspect of life. The pedagogical elements are framed to develop the knowledge, values and attitude necessary to become a better and responsible person. The topics covered in this series will help to develop important aspects such as; sense of self, generosity and integrity, civic sense and contentment in life.



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