

1 Read the article and circle the correct option to complete the sentence.

A positive mindset is...

- a. not being stressed about exams.
- b. finding good things about every situation.
- c. having emotional reactions to difficult situations.

• Read the article again and choose the correct options.

Positive Thinking

We all have days when we feel emotional and we react to situations in a negative way. When things don't happen the way we want, we usually get (1) **annoying** / **annoyed**. When we have to take an important test, we feel worried that we won't do well. When we have to do things we think are (2) **boring** / **bored**, we decide that we will not enjoy them and wear a (3) **disappointing** / **disappointed** face.

All of these reactions are normal, but research shows that having a positive mindset can be good for us in many ways. Thinking positively can help us be more confident and healthier, and feel less stressed. Having a positive mindset is a habit. It means that we are always looking on the bright side and trying to find something good in each situation.

Here are some ways to develop a positive mindset:

- Even when you feel (4) **tiring** / **tired**, start and end the day by thinking about positive things.
- Focus on all the good things in your life, even the small ones.
- Find the funny side of (5) **embarrassing** / **embarrassed** situations.
- When things go wrong, think about what you have learned.
- Be kind to yourself. Remember that nobody is perfect.
- Make friends with optimistic people! This will help you stay positive.

**2 Choose the correct options**

1. "Oh no! It's raining again." / "I can't play outside, so I'm going to read my book."
2. "I'm going to study harder for my test next time." / "I will always be bad at math."
3. "I had the same sandwich yesterday!" / "I'm lucky to have food every day."