

Name _____ Class _____ Date _____

Being positive

WHAT CAN YOU REMEMBER?

1 What are the four things that Ethan wants to do today but can't?

play _____
see _____
watch _____
go _____

2 Look at the pictures. How does Ethan feel? Why?



3 Number the events in order.

He arranges to study with Tyler. _____
He is upset because he can't do fun things. _____
He feels better. _____
He is worried about his test. _____
He thinks positively about how to change his situation. _____

4 How do you feel right now? Why?

afraid | angry | bored | excited | happy | negative
positive | sad | tired | worried

I feel

because

5 Work in pairs. Compare how you feel.

6 Work in pairs. Answer the questions.

- 1 What happened this week? How did you feel?
- 2 How can you change the situation to be more positive?

GIVE IT A GO

7 Think about any problems you may have in these areas. Write them in the table.

Home	Family	Friends	School

8 Give your table to your partner. Look at your partner's problems. Think of ways to be positive.

Problem: I'm worried about my test.

Positive solution: Who can I ask to help me?

KEEP IT UP

9 Try to use your partner's solutions this week when you have any of your problems. How useful were they?