

Teacher's guide



The Power of Optimism – Positive Psychology in Everyday Life – Upper-intermediate (B2-C1)

Canva Presentation Link: [🌐 The Power of Optimism](#)

Editable Presentation Link: [🌐 The Power of Optimism](#)

Editable Worksheet Link: [🌐 Student Worksheet: The Power of Optimism](#)

Warm-up discussion

Part 1. Students read the quote and discuss the questions.

Part 2. Students read the situations and discuss the questions for each one.

Reading activity

Part 1. Students will read a text on *The Psychology of Optimism*.

Part 2. Students discuss the questions based on the text.

Suggested answers:

1. By helping people cope with stress & recover from setbacks.
2. Optimistic students persevere; optimistic patients follow treatments.
3. Expectations → constructive actions → positive results.
4. Gratitude, mindfulness, reframing negative thoughts.
5. Open answer.

Vocabulary & speaking

Part 1. Students match the words/phrases to their meanings.

Answer key:

1. Positive psychology
2. Recover from setbacks
3. Perseverance
4. Gratitude practice
5. Reframe negative thoughts
6. Hopeful outlook
7. Constructive actions
8. Cope with stress

Part 2. Students complete the sentences with the correct word/phrase.

Answer key:

1. recover from setbacks
2. hopeful outlook
3. gratitude practice
4. constructive actions
5. perseverance
6. reframe negative thoughts
7. positive psychology
8. cope with stress

Part 3. Students act out the role-play with you or a partner, making sure to use today's vocabulary. Once finished, swap roles and repeat the activity.

Part 4. Students discuss the scenarios, aiming to recall and use today's vocabulary in their answers.

Part 5. Students discuss the question. Ensure they aim to recall the vocabulary from memory.

Part 6. Students complete the sentences with the missing word to form an idiom. Then, students say whether they agree, disagree or partially agree with each statement. Encourage students to justify their answers with reasons or examples.

Answer key:

1. Lining
2. Full
3. Day
4. Life
5. Parade

Reflection

Students discuss the questions.

Wrap-up task (optional homework)

Students write 8–10 sentences about how they could cultivate more optimism in their life. Encourage students to use at least 5 of today's target words/phrases.