

50 Optimist vs. Pessimist Situations

Together with a partner, **adopt the role of an optimist** who always sees positive prospects in what comes their way, **or a pessimist** who is cautious and expects negative things to happen at any time so it's better to expect them at all times. **Feel free to change roles** at any time you see fit. **Pick a situation and describe your reaction to the given situation: happy optimism or cautious pessimism.** Have fun with these two approaches to life!

The doorbell rings.

Your teacher is smiling at you.

You see a rainbow in the sky.

Your phone is buzzing.

A friend is waving at you from across the street.

There's an envelope in the mailbox.

The cafeteria smells delicious.

You find a coin on the ground.

It starts to snow outside.

You are called to the principal's office.

Your name is read out loud in class.

A stranger holds the door open for you.

You are given a group project.

You see your crush walking toward you.

There is an empty seat next to you on the bus.

The alarm clock rings early in the morning.

You are asked to join a sports team.

It starts raining while you're walking outside.

You get a text from your parents.

You are asked to speak in front of the class.

You see a shooting star.

Your favorite song starts playing on the radio.

You are given extra homework.

You meet a new student in school.

You get lost in a new city.

Someone compliments your clothes.

The bus is late.

The internet is down at home.

You are given a surprise test.

It's your birthday.

You see a dog running toward you.

The school trip is announced.

You are asked to help a younger student.

You are invited to join a game at recess.

The teacher asks a question you know the answer to.

Your parents tell you they have a surprise for you.

The school library gets new books.

You find out there will be no school tomorrow.

You are chosen to represent your class.

The teacher announces a class trip to the museum.

You see dark clouds in the sky.

Your parents say they want to talk to you tonight.

You hear laughter behind you.

You find a note on your desk.

Your class is suddenly cancelled.

You are asked to read aloud in class.

You see your name on the notice board.

You get a phone call from an unknown number.

You are chosen to play in a school competition.

You hear music playing outside.