



Advanced-/Advanced

The Power of Positives and Negatives

Lesson Goal

- Students will learn and practice new vocabulary in conversations concerning positive and negative situation.

Classroom Learning Activities

Activity 1 – Vocabulary and Vocabulary Discussion

Resources Needed:

- Laminated
- Vocabulary Chart
 - **affirmative** – expressing agreement
 - **enthusiastic** – showing intense and eager enjoyment, interest, or approval
 - **supportive** – providing encouragement or emotional support
 - **optimistic** – hopeful and confident about the future
 - **pessimistic** – tending to see the worst aspect of situations
 - **depressing** – feeling unhappy and hopeless
 - **cynical** – distrustful of human sincerity
 - **defeating** – preventing an aim from being achieved

Procedures:

- Go over word definitions, using vocabulary chart.
- Write a + or – by each word.
- Divide students into groups of 3. They will describe positive and negative situations or people in their lives, using lesson vocabulary.
- In large group, brainstorm how negative emotions can be processed in positive ways to develop resilience (*the ability to recover from difficulties or adjust to misfortune or change*).
- Allow 15 minutes.

Activity 2 – Decision Making

Resources Needed:

- Whiteboard and dry erase marker
- Paper and Pen
- Situations Chart
 - An Unexpected Rainy Day
 - Winning the 2 Billion Dollar Lottery
 - Impact of Video Games on Teenagers
 - World Revolutionizing Changes (Inventions, Discoveries, etc.)

Procedures:

- Teacher models the first situation, as follows.
- On whiteboard make a T-Chart with “Positive” and “Negative” as headings.
- Students brainstorm and teacher writes in appropriate column.
- *(Positive: read a good book, chance to unwind, listen to music; Negative: sport’s event cancelled, difficult travel conditions, change of plans)*
- Divide students into groups of 3-4, where they will discuss the positives and negatives of the remaining three situations.
- Allow 12-15 minutes.

Activity 3 – Emotions Non-Stop Talking

Resources Needed:

- **Emotions Non-Stop Talking Questions**
 - What brings you **JOY**?
 - What do you do to overcome or deal with **DEPRESSION**?
 - When have you experienced **GRATITUDE**?
 - What causes you to feel **GUILTY**?
 - What **INTERESTS** you?
 - Can **JEALOUSY** be positive?
 - What brings you **HOPE**?
 - Does **GRIEF** make you better?
 - Tell about a recent **AMUSING** situation in your life?
 - What **FRUSTRATES** you most often?

- What **INSPIRES** you?
- What is your greatest **FEAR**?
- When have you experienced **LOVE**?

Procedures:

- Place students in non-stop talking formation and follow procedure outlined in Lesson 2.
- Teacher reads questions and allows 1 minute each for students to talk.
- There will not be time for all of these questions, but be sure to end with **LOVE**.
- Allow 20 minutes.

Affirmative
Enthusiastic
Supportive
Optimistic
Pessimistic
Depressing
Cynical
Defeating

- What brings you **JOY**?
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- When have you experienced **LOVE**?