Length of Lesson: 20 – 30 minutes

Objective of Lesson C: Students will reflect on positive thoughts for themselves and others to practice optimism and a positive attitude and mindset.

Lesson Overview
1. Defining Mindfulness & Optimism (5 minutes)
2. Positive Vibes Meditation (5-7 minutes)
3. Kindness Reflection (5 to 7 minutes)
4. Wrap Up (2 minutes)

Lesson Materials:
- Handout
- Writing Utensil – option to use any crayons or markers

Preparation: Have child seated at a desk or table for the lesson.

For Parent Review:
Choosing Optimism
- Optimism is a way of seeing life hopefully and having an expectation of success and well-being. Practicing optimism increases our brain capacity: it relaxes our amygdala which creates a chemical balance in our brains which results in our prefrontal cortex in charge.

Acts of Kindness
- Studies have shown that our brains are rewarded for generosity with a release of dopamine during acts of kindness. Research shows that actions that produce feelings of empathy and compassion have several positive benefits including boosting the production of dopamine, increasing the likelihood that students will continue to act on their social concerns, and improving the capacity to take care of themselves.
REFERENCES