

THE ISLE OF MAN

Optimystical Beasties Worksheet

TEACHER GUIDANCE SHEET



Required Material:

- ▶ The Optimystical Beasties Worksheet
- ▶ Pens / Pencils

L.O:

- ▶ To recognise what optimistic thinking feels like.
- ▶ To feel able to practice more optimism in my own life.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Together discuss the meaning of optimism, how we can be more optimistic and why we think it is important.

Have the children think about what such a Beastie might look like, their features, facial expression, colours, props or accessories and environment. Now have them draw this character on the worksheet. They can create it using art materials instead if they wish.

MAIN TEACHING (10mins)

Tell the children that we can often come up against lots of negative situations that can impact our mood and confidence. But if we practice a positive mindset then we can overcome these situations without letting them get on top of us.

Have the children discuss what it means to have a positive mindset, and how they could spin a negative thought into something better.

Offer the children some examples of having a positive mindset, such as if it is raining, then at least we can stay in and watch a movie, or if you don't do well in a test then you can be thankful for the opportunity to learn more.

MAIN TASK - (15mins)

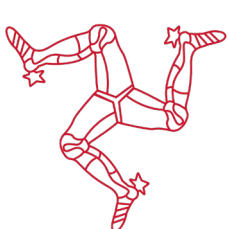
Tell the children to think of the Beasties they have met in the stories or in the game. They tend to represent a more negative mindset, so we can explore ways to help them feel better. But imagine if there was a Beastie that represented everything good and positive.

PLENARY (2mins)

GROUP DISCUSSION – Ask for volunteers to share their Beastie, introduce it to the group and have the other children suggest why it is an Optimystical Beastie.

DID YOU KNOW!

The national symbol of the I.O.M. dates back to the 13th century and shows three joined legs, with the motto 'Whichever way you throw it, it will stand'.



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CHILDREN'S SHEET

Think of the Beasties you have met in the stories or in the game. They tend to represent a more negative mindset, so we can explore ways to help them feel better. But imagine if there was a Beastie that represented everything good and positive.

Now think about what such a Beastie might look like, their features, facial expression, colours, props or accessories and environment. Draw this character on the worksheet. You can create it using art materials instead if you wish.



MY OPTIMYSTICAL BEASTIE

