

# Optimism

## Sessions Overview

### Session 1: Optimism

Learning opportunities include:

- Objective and Rational Thinking
- Our Behaviours
- Our Observations

### Session 2: Our Relationship with Friends

Learning opportunities include:

- Problem Solving
- Emotional Health and Wellbeing
- Behavioural Science

### Session 3: Stress and Anxiety

Learning opportunities include:

- Anxiety and Depression
- Coping with Loss and Trauma
- Realising Our Own Abilities

### Session 4: Decision Making

Learning opportunities include:

- Genetics
- Emotions and Feelings
- Empathy
- Intimidation

### Sessions 5 and 6: Emotional Literacy

Learning opportunities include:

- Bullying
- Concern For The Body
- Conscience and Emotion
- Friendship