



Optimism

Exploring optimism through the life of Helen Keller



Helen Keller



- Click on the link below and see how optimism help Helen Keller to become successful.

<https://vimeo.com/289210138>



Optimism and Helen Keller



Helen Keller suffered a fever just before she was two years old. It left her blind and deaf, which led to behavioural problems. With help, she learned to read and write – in several different languages!

Helen and her helper, Annie Sullivan, toured the world, helping others with disabilities and talking about their experiences.



Optimism and Helen Keller



“No pessimist ever discovered the secret of the stars, or sailed to an uncharted land, or opened a new doorway for the human spirit.”

Helen Keller - what does she mean by this?

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.”

And this?



Optimism in Life



“Keep your face to the sunshine and you cannot see a shadow.”

What does Helen Keller mean here and how can we do this?

How can we encourage our own positivity and optimism?

What stops us being optimistic?

What can we do today to work on our positivity?



Time for REFLECTION



Answer the following questions in your **Character at Home Pupil Passport**.

3-2-1 Character Reflection

3

List **3** interesting facts about the Character Values you have explored.

- 1.
- 2.
- 3.

2

Explain in **2** sentences why the Character Value explored is important to help you flourish.

- 1.
- 2.

1

What is **1** way you could apply the Character Value explored to change your world (home, community, school, country)?

- 1.

