



Attitude Latitudes

How do you see the world?

Social Emotional Learning:
Week 3 (April 27-May 1, 2020)

Time Needed:
15-30 minutes

Goal

Learn how the way I see the world affects what I do in any moment, including how I react to things happening around me.



What You Will Need

Three worksheets (optional ⇒ click links to print):

- [Introvert or Extravert](#)
- [Optimist or Pessimist](#)
- [X-Y graph](#)

If you don't want to print, go to the end of these slides and type on the slides.

Name _____ Date _____

WORKSHEET • 2

Introvert or Extravert?

TRUE or FALSE
Write T (True) or F (False) on the line.

1. Some people are introverts.
2. If you have a lot of friends, you are an extrovert.
3. I work very hard.
4. I speak a lot.
5. People like to talk to me.
6. I almost never use my phone.
7. I make a lot of friends.
8. I can tell my best friend's secret.
9. My dream is to be a famous person.

HOW TO SCORE
• Give yourself 2, 3, 4, 7, 8, 12 points for each 'True' answer.
• Next, give you 1, 5, 6, 9, 10, 11 points for each 'False' answer.
• Subtract your 'False' number from your 'True' number. This is your score.

Introvert _____ Extrovert _____

ARE YOU AN INTROVERT OR AN EXTROVERT?
You are energetic and like to talk to people.
You think being alone is boring.
You put up with a lot of people.
You like to be the center of attention.

Name _____ Date _____

WORKSHEET • 3

Optimist or Pessimist?

Read each statement. Circle the number that reflects how well the statement describes you.

	No way!			That's me!
1. Things usually turn out for the best for me.	1	2	3	4
2. It's easy for me to relax.	1	2	3	4
3. If something can go wrong, it will!	1	2	3	4
4. My future's so bright, I've got to wear shades.	1	2	3	4
5. I enjoy my friends a lot.	1	2	3	4
6. I always keep busy.	1	2	3	4
7. I hardly ever count on things going my way.	1	2	3	4
8. It doesn't take much to get me angry.	1	2	3	4
9. I do not get my hopes up.	1	2	3	4
10. When all is said and done, I expect more good things.	1	2	3	4

Groot

Black Widow

Spider Man

Iron Man

OPTIMIST +10

INTROVERT -10

EXTROVERT +10

PESSIMIST -10

Think About or Discuss

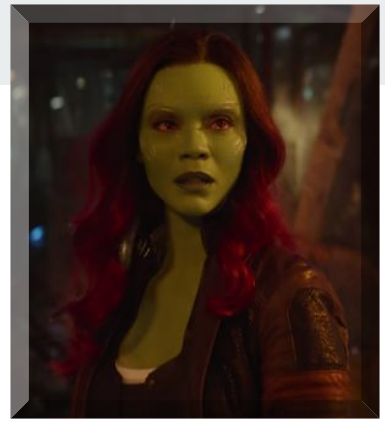
What does it mean to have an “attitude”?
(a definition: One’s readiness to act or react in a certain way)

Does your attitude change in certain situations?

For example:

- At home?
- At school?
- With family?
- With friends?





Find Your Inner Avenger!

Step 1: Use the [Introvert or Extrovert](#) and [Optimist or Pessimist](#) worksheets to see where you rank. You have to do both!

Step 2: Use your answers from the worksheets in Step 1 to graph your scores on the [X-Y graph](#).

- Graph your **introversion/extroversion** score on the **horizontal axis**
- Graph your **optimism/pessimism** score on the **vertical axis**. You will land in one of four quadrants.

Introvert

You are energized by being alone. You think before you speak. You put up with social situations. You like to think things through. Being an introvert is NOT necessarily the same as being “shy.”

Optimist

You think the best possible things will happen, and hope for it even if it's not likely. You see the bright side of any situation, the “silver lining.” You tend to be hopeful and confident about the future or the success of something.

Extravert

You are energized by other people. You “shoot from the hip.” You enjoy social situations. You like to talk things out. Being an extravert is NOT necessarily the same as being “hyper.”

Pessimist

You tend to consider all the things that could go wrong in the world. You are cautious about people and events, and may need to see evidence of something before you will believe it.

Introvert/Optimist

“I am Groot”



Extravert/Optimist

“No matter how buried it gets, or lost you feel, you must promise me, that you will hold on to hope and keep it alive.”



Introvert/Pessimist

“This is Loki... This is monsters and magic and nothing we were ever trained for.”



Extravert/Pessimist

“It’s hard to get out of the barrel. It’s slippery around the edges, and people are happy to see you fall back in.”





Share Your Personality (optional)

1. Text or video chat with a friend or trusted adult and tell them which personality type you are.
2. Ask them what their personality type is.
3. Talk about how why you think your personalities get along.
 - ❖ Is it because you're similar?
 - ❖ Is it because you're different?
 - ❖ Is it a combination of both similarities and differences?



Google Hangouts



“Knowing
yourself
is the beginning
of all wisdom”
Aristotle



When We Know Better, We Do Better

Now you know more about yourself!

- A. Why do you think it's important to know this about yourself?
- B. How can you use what you've learned about yourself to help you relate to other people? (or help them relate to you!)
- C. How can you harness your energy to best benefit society?

Introvert or Extravert?

TRUE or FALSE: Type T (True) or F (False) next to the following statements.

- 1. Some people might say I'm boring.
- 2. If you have a problem with me, tell me to my face.
- 3. I work well as part of a team.
- 4. I speak before I think.
- 5. People tire me out.
- 6. I almost never pick up when my cell phone rings.
- 7. I make people laugh.
- 8. I can text, play a video game, and help my brother with his homework—at the same time.
- 9. My dream weekend? Just kicking back, with nothing at all to do.
- 10. I'd rather hang out with one friend than go to the mall with a group.
- 11. I hate it when people look over my shoulder when I'm doing something.
- 12. I hate writing in a journal.
- 13. I hate to be alone.
- 14. I am going to be rich and famous. Seriously.
- 15. I don't say much unless I really know you.
- 16. I'm a good listener.
- 17. When it's my birthday, please don't make a big deal out of it.
- 18. I really, really do not like homework.
- 19. I focus on one task at a time.
- 20. I'm a thrill-seeker

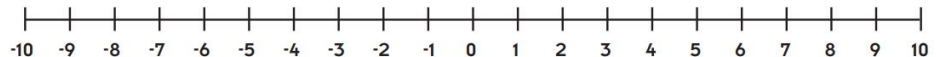
How to Score the Survey

- Give yourself 1 point each time you answered True for: 2, 3, 4, 7, 8, 12, 13, 14, 18, 20. Add up those points. This is your E score. E =
- Next, give yourself 1 point each time you answered True for: 1, 5, 6, 9, 10, 11, 15, 16, 17, 19. Add up those points. This is your I score. I =
- Subtract your I score from your E score. (The answer may be a negative number.) Then find your answer on the number line below:

Introvert

Ambivert

Extravert



Optimist or Pessimist?

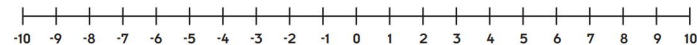
Read each statement. Highlight the number that reflects how well the statement describes you.	No Way!			That's Me!
1. Things usually turn out for the best for me.	1	2	3	4
2. It's easy for me to relax.	1	2	3	4
3. If something can go wrong, it will!	1	2	3	4
4. My future's so bright, I've got to wear shades.	1	2	3	4
5. I enjoy my friends a lot.	1	2	3	4
6. I always keep busy.	1	2	3	4
7. I hardly ever count on things going my way.	1	2	3	4
8. It doesn't take much to get me angry.	1	2	3	4
9. I do not get my hopes up.	1	2	3	4
10. When all is said and done, I expect more good things to happen to me than bad things to happen.	1	2	3	4

How to Score the Survey

- Cross out questions 2, 5, 6, and 8. They are fillers.
- Add up the answers to questions 1, 4, and 10. This is your O score. O = _____
- Add up the answers to questions 3, 7, and 9. This is your P score. P = _____
- Subtract your P score from your O score. (The answer may be a negative number.) Then find your answer on the number line below: _____

Pessimist

Optimist



What's your attitude?

Groot



OPTIMIST

+10

Spider Man



INTROVERT

-10

0

+10

EXTRAVERT

Black Widow



PESSIMIST

-10

Iron Man






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this lesson!**

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