



## OPTIMISM AND PERSPECTIVE TAKING WORD SCRAMBLE

Use your mindful seeing and engage your prefrontal cortex, the thinking part of your brain, to unscramble these key words that are related to optimism and perspective taking.

TIOPMMSI

GANEETIV

LIESM

SPHAPINES

VIEERSPPECT

PATHEMY

TIATTUED

SGFEEINL

SAEMOOTIN

SPESSIIMM

POSEVITI

### WORD BANK

OPTIMISM  
PERSPECTIVE  
ATTITUDE  
EMOTIONS

FEELINGS  
SMILE  
HAPPINESS

NEGATIVE  
EMPATHY  
PESSIMISM  
POSITIVE