



# SMART JUNIORS 3

Highs and Lows of Our Feelings

**Lesson 2**  
**Read for Main Idea**



## Academic Vocabulary

Read the sentences. Choose the correct definition of each highlighted word.

1. The two paintings have **contrasting** styles, which give totally different feelings.

*n.* the way things are seen from a particular point of view

2. From my **perspective**, she is not only a great person but also a careful mother.

*adj.* highlighting the differences between two or more things

3. She found it difficult to **suppress** her anger.

*v.* to prevent something from being seen or expressed

## Academic Vocabulary

Read the sentences. Choose the correct definition of each highlighted word.

4. My **aspiration** is to become a doctor. ○

○ v. to accept, admit, or recognize something

5. He finally **acknowledged** his mistake. ○

○ *adj.* able to quickly return to a previous good condition

6. She is a **resilient** person who recovers from failures easily. ○

○ *n.* something that you hope to achieve

## Think Before Reading

**We usually prefer positive feelings to negative feelings.  
If you had a button to only have positive feelings, would you press it?**



**Positive Feelings**



**Negative Feelings**

- Listen and read the essay. Think about what the main idea is.

## ▶ Is It Healthy to Always Maintain a Positive Attitude?

In the present world, we frequently hear about the advantages of maintaining a positive attitude. However, is it truly beneficial to always remain happy and positive? This question has sparked much debate among individuals with **contrasting perspectives**.







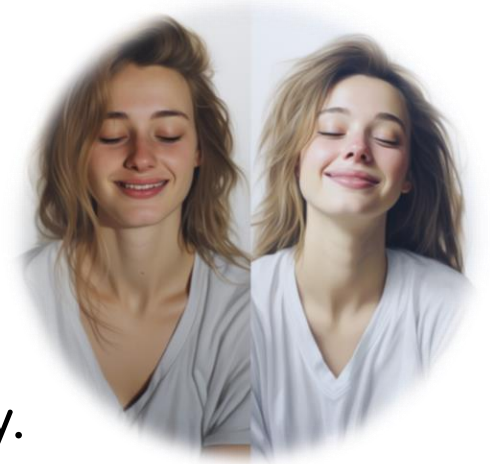
▶ Supporters of always maintaining a positive attitude believe that it can improve our mental well-being. They argue that a positive mindset aids us in coping with stress and overcoming challenges in life. Additionally, they propose that focusing on the good things in life and seeking solutions to problems can help us achieve our goals and **aspirations**.



▶ However, opponents argue that always maintaining a positive attitude can sometimes lead to denial of negative emotions. They believe that it is important to **acknowledge** and deal with negative emotions in a healthy way, rather than ignoring them or pretending they don't exist. **Suppressing** negative emotions can lead to mental health issues like depression or anxiety in the long run, they argue.

## LISTEN AND READ

- ▶ In my point of view, I believe that there is some truth to both sides of the argument. It is important to have a generally positive attitude in life because it can help us to be more successful and happy. However, we should not suppress or deny negative emotions, but rather learn to cope with them in a constructive way.



- ▶ In conclusion, always maintaining a positive attitude is not necessarily healthy or realistic. It is essential to strive for a positive mindset while also being aware and accepting of negative emotions. By finding this balance, we can achieve greater mental well-being and become more **resilient** in our day-to-day lives.

## Is It Healthy to Always Maintain a Positive Attitude?

In the present world, we frequently hear about the advantages of maintaining a positive attitude. However, is it truly beneficial to always remain happy and positive? This question has sparked much debate among individuals with contrasting perspectives.

Supporters of always maintaining a positive attitude believe that it can improve our mental well-being. They argue that a positive mindset aids us in coping with stress and overcoming challenges in life. Additionally, they propose that focusing on the good things in life and seeking solutions to problems can help us achieve our goals and aspirations.

However, opponents argue that always maintaining a positive attitude can sometimes lead to denial of negative emotions. They believe that it is important to acknowledge and deal with negative emotions in a healthy way, rather than ignoring them or pretending they don't exist. Suppressing negative emotions can lead to mental health issues like depression or anxiety in the long run.

In my point of view, I believe that there is some truth to both sides of the argument. It is important to have a generally positive attitude in life because it can help us to be more successful and happy. However, we should not suppress or deny negative emotions, but rather learn to cope with them in a constructive way.

In conclusion, always maintaining a positive attitude is not necessarily healthy or realistic. It is essential to strive for a positive mindset while also being aware and accepting of negative emotions. By finding this balance, we can achieve greater mental well-being and become more resilient in our day-to-day lives.

### The Main Idea

**What do you think is the main idea of the essay?**

- A** To maintain a positive attitude, the key is to find a healthy balance between positivity and acknowledgment of negative emotions.
- B** To maintain a positive attitude, it is essential to realize the importance of negative emotions.



# READ FOR MAIN IDEA

## Identify the Structure

Paragraph 1 contains two parts as highlighted in colors. Complete the main idea of each.

1

It introduces the topic \_\_\_\_\_  
\_\_\_\_\_.

2

This question has caused a \_\_\_\_\_  
\_\_\_\_\_.

## Paragraph 1



In the present world, we frequently hear about the advantages of maintaining a positive attitude. However, is it truly beneficial to always remain happy and positive? This question has sparked much debate among individuals with contrasting perspectives.

# READ FOR MAIN IDEA

## Identify the Structure

Skim paragraph 2 and identify the two parts.  
It includes:

A

the supporters' opinion

reasons to support their opinion

B

the supporters' opinion

the supporters' different views

## Paragraph 2

Supporters of always maintaining a positive attitude believe that it can improve our mental well-being. They argue that a positive mindset aids us in coping with stress and overcoming challenges in life. Additionally, they propose that focusing on the good things in life and seeking solutions to problems can help us achieve our goals and aspirations.



## Identify the Structure

Skim paragraph 3 and identify the two parts. It includes:

A

the opponents' opinion

reasons to support their opinion

B

the opponents' opinion

the opponents' arguments

## Paragraph 3

However, opponents argue that always maintaining a positive attitude can sometimes lead to denial of negative emotions. They believe that it is important to acknowledge and deal with negative emotions in a healthy way, rather than ignoring them or pretending they don't exist. Suppressing negative emotions can lead to mental health issues like depression or anxiety in the long run.



# READ FOR MAIN IDEA

## Identify the Structure

Skim paragraph 4 and identify the two parts.  
Complete the main idea of each.

1 The 1<sup>st</sup> part states the \_\_\_\_\_.

2 The 2<sup>nd</sup> part explains the \_\_\_\_\_  
\_\_\_\_\_.

## Paragraph 4



In my point of view, I believe that there is some truth to both sides of the argument.

It is important to have a generally positive attitude in life because it can help us to be more successful and happy. However, we should not suppress or deny negative emotions, but rather learn to cope with them in a constructive way.

## Identify the Structure

Skim the three parts in paragraph 5 and match each part to the following statements.

- A It draws a final conclusion.
- B It gives an advice.
- C It talks about the benefits of the advice.

## Paragraph 5

In conclusion, always maintaining a positive attitude is not necessarily healthy or realistic. It is essential to strive for a positive mindset while also being aware and accepting of negative emotions. By finding this balance, we can achieve greater mental well-being and become more resilient in our day-to-day lives.





# THE WRITING STRUCTURE

- Now let's put the five parts together to reveal the whole essay's structure.





## Academic Vocabulary

contrasting

perspective

suppress

aspiration

acknowledge

resilient

## Essay Structure

1

**Introduction:**

- Introduce the topic.
- Bring out the debate.



2

**Supporters' Argument**  
(supporting detail)

3

**Opponents' Argument**  
(supporting detail)

4

**Your Opinion**  
(supporting detail)



5

**Conclusion**



The background features a collage of yellow smiley faces with various expressions, including happy, surprised, and winking. Scattered throughout are small, solid-colored circles in shades of blue, orange, and brown. A large, diagonal yellow shape is overlaid on the left side of the image.

# WHAT'S NEXT...

In the next lesson, we're going to understand the essay in detail. See you next time!