

A row of various LEGO minifigure faces with different expressions, including smiling, neutral, and angry.

SMART JUNIORS 3

Highs and Lows of Our Feelings

Lesson 3
Read for Detail



- Listen and review the essay we learned last time.

▶ 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**.



LISTEN AND REVIEW



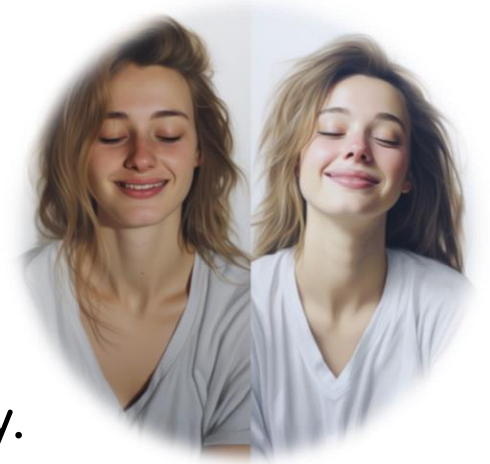
▶ Supporters of always maintaining a positive attitude believe that it can improve our mental well-being. They argue that a positive mindset aids us in coping with stress and overcoming challenges in life. Additionally, they propose that focusing on the good things in life and seeking solutions to problems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

▶ 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.

- **Read paragraph 1 and answer:**

What is believed to be a good thing in the present world?

- A** maintaining a positive attitude
- B** maintaining a negative attitude
- C** remaining in a good mood
- D** remaining in a balanced mood

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 paragraph 2 and answer.**

According to supporters, a positive mindset can help us:

- A** remain in a healthy lifestyle
- B** overcome all challenges
- C** cope with daily stress
- D** cope with stress and challenges;
help achieve our goals and aspirations

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.

■ **Read paragraph 3 and answer.**

According to opponents, what are the consequences if we suppress negative feelings?

- A** a positive attitude and a healthy life
- B** ignoring and pretending
- C** mental issues like depression or anxiety
- D** unhealthy lifestyle resulting in a bad mood

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.

Paragraph 4

In my point of view _____¹_____.

It is important to have a generally positive attitude in life _____²_____.

However, we should not suppress or deny negative emotions,

_____³_____.

Three parts have been removed from paragraph 4. Choose the correct letter of the missing part.

- A** because it can help us to be more successful and happy
- B** but rather learn to cope with them in a constructive way
- C** I support that we should keep a constant positive attitude
- D** I believe that there is some truth to both sides of the argument

Useful Expressions

A positive mindset **aids us in coping with** stress.

Let me try!

_____ aids us
in coping with _____
_____.

Useful Expressions

It is important to acknowledge **and** deal with negative emotions **rather than** ignoring them or pretending they don't exist.

Let me try!

To prepare for a test, it is important to
_____ and _____
rather than _____.



- **Complete the summary of the essay.**

In this essay, the **de**_____ over the benefits of **m**_____ a positive attitude is explored. Supporters believe having a positive attitude improves mental well-being and helps cope with stress and difficult challenges. However, opponents **ar**_____ that denial of negative emotions can lead to mental health issues. The author believes in striving for a positive mindset while also **ac**_____ and constructively dealing with negative emotions for better mental well-being and **re**_____.



The background features a collage of various yellow smiley faces with different expressions, including happy, surprised, and winking. Interspersed among the faces are several solid-colored circles in shades of blue, orange, and brown. A large, diagonal yellow shape cuts across the scene from the bottom-left towards the top-right, serving as a backdrop for the main text.

WHAT'S NEXT

In the next lesson, we're going to learn the writing skills for an essay. See you next time!