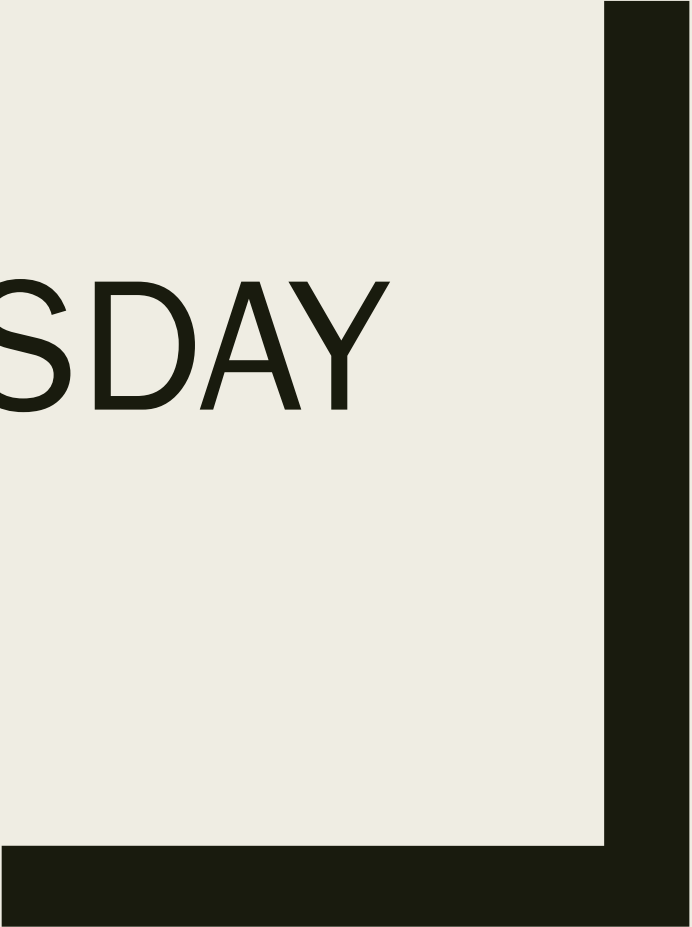




NEWS DAY TUESDAY

13 September 2016





David Weir from Wallington currently holds six Paralympic gold medals

Optimism

- A study by an American university has found that Paralympians and Olympians are more **optimistic** than the average person.
- **Optimism** is measured by how someone views their successes or failures.
- ‘Things will always be bad’ or ‘Today was a bad day’?
- ‘I am not good at this’ or ‘I am not good at this *yet*’?

- **optimism** *noun* Hopefulness and confidence about the future.
- **pessimism** *noun* The tendency to look at the worst aspect of things.

Inspiring

- Click on the hyperlink below for an inspiring film narrated by actor James Corden:

[An Ode to the Rio Paralympics](#)

Optimist or pessimist?

- Is David Weir, or Ellie Simmonds, or Will Bayley an optimist or a pessimist?
- Are *you* an optimist or a pessimist?