

Name: _____

Spilling Over

Situation	Glass Half Empty	Glass Half Full
Example: <i>I always get chosen to help the librarian put the books back on the shelf after our lesson.</i>	<i>It's not fair. Everybody in the class should have to take turns.</i>	<i>Not everyone gets asked to do this. The librarian must think that I do a great job at this to ask me week after week.</i>
The principal asks you to lead an assembly.		
Your friend invites you to a movie night, but you have already been asked to go skating with another friend.		
A group of students is discussing the local sports team. When you attempt to join the conversation, some roll their eyes at you and ignore whatever you say.		
Someone passes you a note in class saying that he or she is going to beat you up at recess.		
You are trying out for the school baseball team. You drop the ball in the outfield, and another player laughs at you and tells you to go and play another sport.		
At lunch, you try to join a game of four square, but the group tells you to get lost.		
You are walking to school when a group of older students starts teasing you about your haircut.		
A student steals your bag and throws it onto the roof of the school.		