Beyond the Setback

Read how everyday actions can support well-being.

PS.7.6 "Explain how positive psychology approaches mental health, identifying factors that lead to well-being, including resilience, positive emotions and expressing gratitude."

NAME _____ DATE _____

1 READ AND MARK

Read it twice

YOUR JOB Underline one example of each factor, resilience, positive emotions, and expressing gratitude, then circle a phrase that shows how each may support well-being.

The Robot That Rolled in Circles

1. When a school robotics team lost its first competition, Maya felt embarrassed and wanted to quit. Her coach did not tell her to ignore the disappointment. Instead, the team examined the broken sensor, asked another team for advice, and set a smaller goal for the next practice. This is resilience: adapting to a setback and trying workable steps rather than pretending the setback did not happen. Positive psychology studies strengths and habits that can support well-being, alongside the study and treatment of mental illness. In this case, asking for help and making a plan helped Maya feel capable of continuing.

2. At the next practice, the team tested a new sensor and laughed when their robot rolled in a circle. Maya still worried about the contest, but she also felt curious about the fix. Positive emotions, such as amusement and interest, do not erase problems. They can help people notice possibilities and connect with others while working through difficulties. The shared laugh made it easier for Maya to talk with teammates, and curiosity kept her testing ideas. Positive psychology asks how experiences like these can build resources for well-being over time, not how to make someone happy every minute.

3. After practice, Maya sent her teammate Luis a message: "Thank you for staying late to check the wiring. Your careful notes helped us find the loose connection." She named a specific action and its effect instead of sending a vague compliment. Expressing gratitude can strengthen relationships by helping people recognize support and letting others know their efforts mattered. Luis replied that he felt appreciated, and Maya felt less alone in the project. Gratitude did not repair the robot by itself, just as resilience and positive emotions do not replace mental health care when it is needed. Together, these approaches can support well-being.

2 ANSWER WITH EVIDENCE

Use the passage

1. How does positive psychology approach mental health in this passage, and what does it not replace?

2. Which actions show resilience after the competition, and how did they help Maya?

3. How did positive emotions help Maya work through the problem without erasing it?

4. How did Maya express gratitude, and how might that support well-being?

3 YOUR TURN

Your own words

Choose an everyday setback that is not in the passage. In four or five sentences, explain an action that shows resilience, a way to experience a positive emotion without ignoring the problem, and a specific expression of gratitude; describe how each might support well-being.

Beyond the Setback

PART 1 · READ AND MARK

Underline one example of each factor, resilience, positive emotions, and expressing gratitude, then circle a phrase that shows how each may support well-being. Accept any marking that follows this job and points at the right text.

PART 2 · ANSWERS

#	QUESTION	ANSWER
1	How does positive psychology approach mental health in this passage, and what does it not replace?	**It studies strengths and habits that support well-being. It does not replace mental health care when that care is needed.**
2	Which actions show resilience after the competition, and how did they help Maya?	**The team examined the sensor, asked for advice, and set a smaller goal. Asking for help and making a plan helped Maya feel capable of continuing.**
3	How did positive emotions help Maya work through the problem without erasing it?	**Amusement helped Maya connect with her teammates, and curiosity kept her testing ideas, even though she still worried about the contest.**
4	How did Maya express gratitude, and how might that support well-being?	**She thanked Luis for checking the wiring and explained how his notes helped. He felt appreciated, and she felt less alone.**

PART 3 · YOUR TURN (SAMPLE ANSWER)

After a disappointing audition, I would ask the director for feedback and practice one skill before the next try, which could help me adapt instead of giving up. I could watch a funny scene with a friend while still admitting I feel disappointed; a moment of amusement might help us connect. I would tell my friend, "Thank you for rehearsing lines with me, because your patience helped me prepare." Naming that support could strengthen our friendship and remind me I am not alone.

Accept different passage details when students accurately explain how a factor may support well-being. For Your Turn, look for a new setback, all three factors, and realistic explanations that do not treat positive emotions as a way to deny distress.