For added support, you might use fictional characters to symbolize each of the four “attitude latitudes.” I’ve used characters from the movie Shrek. (You can pick others that your students might find appealing from other sources, such as the Harry Potter or Hunger Games series.) On my graph, a student who scored –4 on Worksheet 2 and +3 on Worksheet 3 would be placed near the middle of the “Fiona” quadrant.

Once the graph is complete, students will see how they relate to each other according to their optimism/pessimism and introversion/extraversion traits. Use this information when having students work in teams throughout the school year—you might not want your “Donkeys” teaming up all of the time, and you should be aware that some “Shreks” will need to be prodded into working with their more outgoing peers. Collaborating with fellow students who do not share their attitudes offers young teens great opportunities to develop their social skills.