



# CAFÉ-DÉBAT

## AMERICAN CENTER

THÈME : **POSITIVE THINKING? DOES IT REALLY WORK?**

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PRÉVU LE : MARDI 14 FEVRIER 2012 : 19H00-20H30

A : AMERICAN CENTER D'AIX-EN-PROVENCE

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## QUESTIONS FOR DISCUSSION

1. Are you more of an optimist than a pessimist?
2. It seems like that the French are some of the most pessimistic people in the world. Do you agree? How can you explain this?
3. Do you think positive thinking can help you be more optimistic?
4. What do you do when you're feeling blue?

## VOCABULARY

bliss

cheer up

cheerfulness

down in the dumps

gloom and doom

joyfulness

look on the bright side

look up

miserable

positive thinking

sad

silver lining

unhappiness

upbeat

wet blanket

## READING MATERIAL

1. WHY FRENCH ARE WORLD CHAMPS IN PESSIMISM

<http://www.independent.co.uk/life-style/health-and-families/why-french-are-world-champs-in-pessimism-2179059.html>

2. TEST YOUR HAPPINESS

[http://news.bbc.co.uk/2/hi/programmes/happiness\\_formula/4785402.stm](http://news.bbc.co.uk/2/hi/programmes/happiness_formula/4785402.stm)

3. OPTIMISM 4 BEGINNERS

<http://optimism4beginners.com/>

## AUDIO/VIDEO MATERIAL

1. ESL STORY: THE LANGUAGE OF OPTIMISM

<http://www.english-test.net/stories/73/index.html>

2. THE FLATMATES

[http://www.bbc.co.uk/worldservice/learningenglish/flatmates/2009/03/090331\\_fm\\_190\\_quiz.shtml](http://www.bbc.co.uk/worldservice/learningenglish/flatmates/2009/03/090331_fm_190_quiz.shtml)