

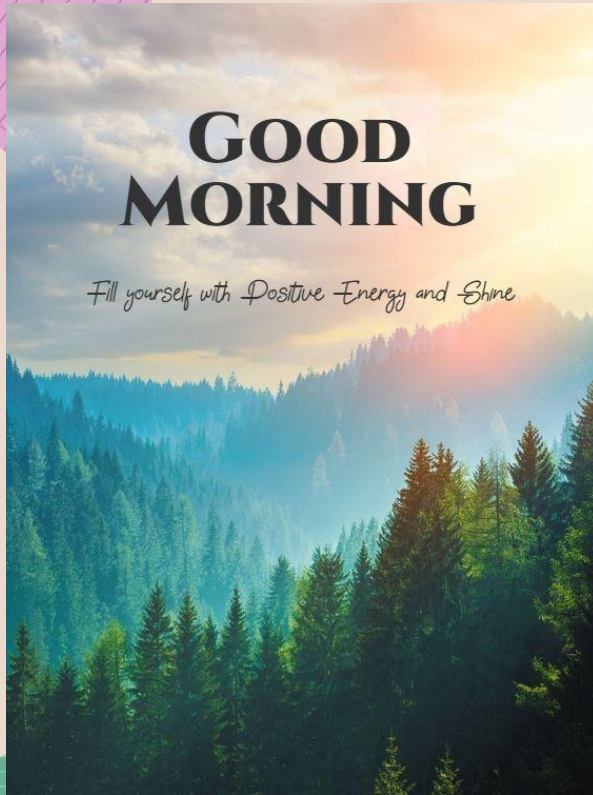
# Optimism in Song: Creating Good Vibes Messages



# Welcome Optimism Ambassadors!

- Καλώς ήρθατε! Welcome to our journey of spreading positivity
- Today you will become **Ambassadors of Optimism**
- Greek and Swedish students united by the power of positive messages
- Opening Circle: Share your name and one word that makes you happy in your native language





# The Power of "Καλημέρα" (Kalimera)

- "Kalimera, ti kaneis?/ "Good morning, how are you doing?" - A simple greeting with deep meaning
- Every greeting is an opportunity to spread joy
- When you wake up and you greet your family or friends, what is the very first thing you say in your language?





# Καλημέρα, τι κάνεις; – Good morning, how are you? – God morgon! Hur mår du?

It's a song by a legendary artist named Yiannis Parios.

Parios is often called the 'Greek Sinatra' because of his powerful, romantic voice, and he is one of the most popular singers in Greece, especially known for his emotional songs about love, life, and optimism.

This song is full of 'good vibes' and useful phrases, and we're going to unpack them together.

Let's listen to the chorus first!





# Key Optimistic Words from Our Song

We are going to listen to the song one more time, but this time with a mission.

I am handing out the lyrics now—Greek on one side, English translation on the other.

**Your task during this listening is to act like a detective:**

Using a pen, circle all the Greek words or short phrases that express a direct GREETING or a POSITIVE/ENCOURAGING feeling.





# Key Optimistic Words from Our Song

- **"Be well always"** / - Wishing continuous wellness
- **"I love you very much"** - Expressing deep care
- **"New beginning"** - Every day offers fresh starts
- **"Don't lose your courage"** - Maintaining strength
- **"Head up"** - Standing proud and confident



# Messages of Encouragement

- Using the key vocabulary and positive spirit from Yiannis Parios's song, your goal is to create a series of powerful **Good Vibes Messages**: Think of them as encouraging phrases you would send to a friend who is having a tough time.
- Remember, your messages must incorporate **key Greek phrases** from the song, combined with your best English and Swedish expressions.



Choose 2 Scenarios and write a different good vibe message for each one using the vocabulary from the song.

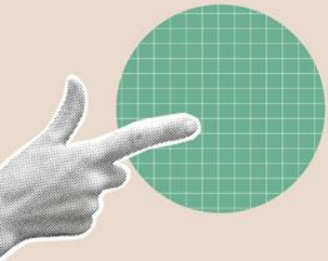
. Support each other's creativity!

No.	Scenario	Good vibes messages
1.	A younger student is starting university next week. They are very anxious about the new responsibilities and scared of the unknown.	
2.	Your German Erasmus friend received an email that their flight back home has been cancelled due to a storm.	
3.	It's a beautiful, sunny morning in Greece. You are full of energy and want to wake up your friends in the group chat to go to the beach.	
4.	A friend just decided to start a completely new hobby (e.g., a YouTube channel or learning guitar) and is super excited. They need a "push" to start today!	
5.	Your friend cooked a surprise dinner for you or helped you with a project. You don't want to just say "thanks" (efcharisto/ευχαριστώ) you want to show them real love and appreciation.	
6.	Your roommate lost their phone and feels that everything goes wrong (όλα πάνε στραβά) today.	



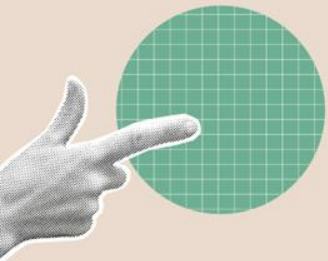
# Good Vibes Message Structure

- Start with a warm greeting
- Add an encouraging statement
- Include a wish for the future
- End with love or support
- Example: "Hello sunshine! Keep your dreams alive. Tomorrow brings new possibilities. You are amazing!"

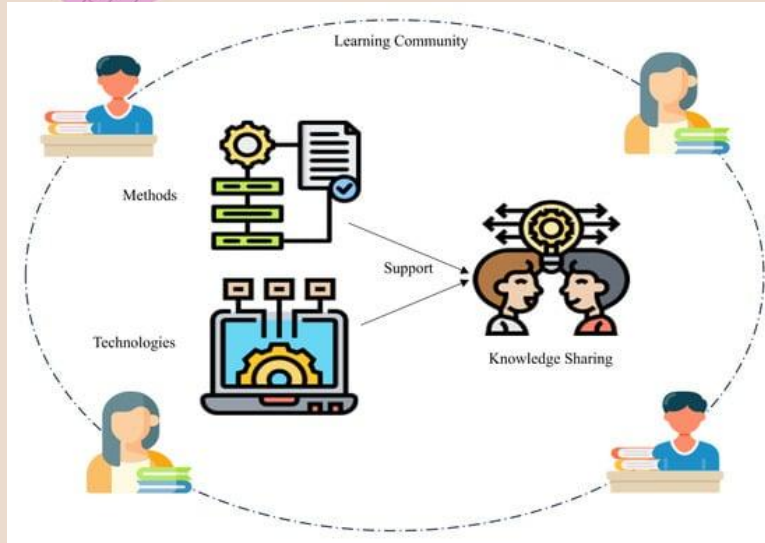


# Messages of Encouragement examples

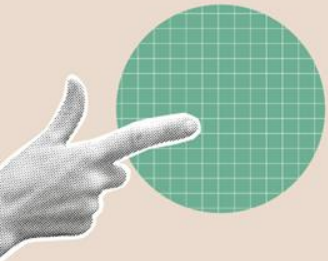
- "Don't lose your courage, head up" - Building resilience
- "Something will always happen" - Trust in positive outcomes
- "Don't ask why" - Sometimes faith is enough.



# Sharing Circle: Your Good Vibes Messages



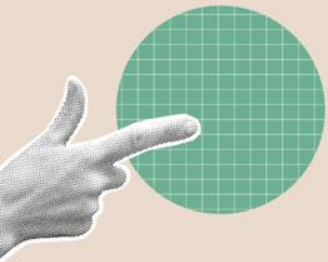
- Each pair presents their favorite message to the group
- Explain what inspired your creation
- Listen actively and appreciate others' creativity
- Appreciations Protocol: Recognize effort, creativity, and positive energy in each message





# Reflection: Becoming Optimism Ambassadors

- How did creating positive messages make you feel?
- What did you learn about optimism from your international partner?
- Reflection Questions: "What will you do differently tomorrow to spread good vibes?"
- Learning Target Check-in: Can you create encouraging messages that inspire others?



# Closing Circle: Spreading the Good Vibes

- Share one Good Vibes Message you'll take home
- Commit to being an Optimism Ambassador in your daily life
- Exchange contact information to continue spreading positivity
- Καλημέρα! Kalimera!  
God morgon! Good morning to a brighter future!

Ευχαριστώ! Efcharisto! Thank you!

