## 3 good things happened today!

This is an activity from positive psychology – the "science of happiness"

**Each day this week**, think of three good things that happened?

They can be big things or little things.

Write them. Why did they happen?

Write a reason.

## **Example:**

Good thing 1 Dinner tasted great tonight.

Why? My mom's a good cook.

OR I was really hungry.

OR Pízza is my favorite.

OR I helped make dinner.

Day one:	<u>day</u>
Good thing: ①	
Why?	
3	
Day two:	<u>day</u>
Good thing: $①$	
Why?	
Why?	



## Ideas:

- good food
- friends and family
- · a beautiful day
- something...
  - ... that was fun
  - ... nice someone did
  - ... nice you did
  - ... that made you smile
  - ... that made you laugh
- someone...
  - ...helped you
  - ... said something nice.
  - ... said, "Thank you."



**Science Fact:** People who do this everyday for a week are usually happier for the **next six months**. They feel better, are less depressed and continue noticing good things.

Sources: Seligman, M. 2011. Flourish. New York: Free Press, p. 33-34. and Seligman, M., Steen, T., Park, N. & Peterson, C. "Positive Psychology Progress:: Empirical Validation of Interventions, "American Psychologist 60 (2005): 410-21.

Good thing: ① Why?  Why?  Bay four: day Good thing: ① Why?  Why?  Day five: day Good thing: ① Why?  ② Why?  Day six: day Good thing: ① Why?  ② Why?  Day six: day Good thing: ① Why?  ② Why?  Day six: day Good thing: ① Why?  ② Why?  ② Why?  ② Why?  ③ Why?  ② Why?  ③ Why?	Day three:	day	
② Why?  ③ Why?  Day four:  Good thing: ①  Why?  ② Why?  ③ Why?  Day five:  ② Why?  ② Why?  ② Why?  ② Why?  ③ Why?  ③ Why?  ③ Why?  ③ Why?  Good thing: ①  Why?  ② Why?  ③ Why?  Day six:  Good thing: ①  Why?  ② Why?  ② Why?  ③ Why?  ② Why?  ③ Why?  ④ Why?  ﴿ Why?	Good thing: $\bigcirc$		
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(3)			
(3)	Why?		
Day four:			
Day four:	Why?		
Good thing: ①	Day four:	day	
©   Why?			
Why?	Why?		
3	2		
3			
Day five:			
Day five:	Why?		
Good thing: ①  Why?  ②  Why?  ③  Why?  Day six:	•		
② Why?  ③ Why?  Day six:			
② Why?  Why?  Day six:	Why?		
Why?			
3			
Why?			
Day six:			
Good thing: ①			
② Why?  Why?  Day seven:		<u> </u>	
Why?	Why?		
③	②		
③	Why?		
Why?			
Day seven:			
Good thing: ①	Day seven:	day	
② Why?	Good thing: ①		
Why?	Why?		
Why?	②		
-			
	3		
Why?			

## Speaking task (optional)

Next week, work with a partner. Choose 2-3 of the best things to talk about. Tell your partner. Partner, ask questions:







who, when, where, what, how, why

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Dedicated to my mom. We used to do this together.