

# 5 pictures: good things in my life.



- 1 What makes your life good?  
What are 5 good things in your life.  
They can be people, places, events or anything else.

Before next class, find or take pictures of them.  
Bring them to class on your cell phone, camera or printed copies.

- 2 Next class:

## Think Time



What will you say about each picture?  
Think of the WH-question for ideas.

- 3 Work with a partner. Show your pictures.  
Explain them.  
Partner, ask questions.  
This will help your partner  
“re-experience” the good things.  
Then change roles.
- 4 Change partners. Continue.



Adapted from a mindfulness/savoring activity by Jaime L. Kurtz and Sonja Lyubomirski in *Activities for Positive Psychology* by Jeffery J. Froh and Acacia C. Parks. 2012. Amer. Psych. Assoc.

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