

5 pictures: good things this vacation.



- 1 What did you do during the vacation that was wonderful?
Look in your camera, cell phone or on the internet (facebook, etc). Choose 5 pictures to talk about.

No photos? You can draw simple pictures on the back of this paper.



Think Time

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

- 2 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.



- 3 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. Am.Psych. Assoc.

Photo credit: <http://propakistani.pk/2012/07/26/how-to-check-if-your-cell-phone-pictures-are-being-monitored/>

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