**The science of happiness** - groupwork

Teacher, copy the sentences.

Cut the sentences apart.

Give one to each student.

 Remember good things in your life.

 Say “thank you” to people who help you.

Take time for your friends and family.

 Do kind things.

### Forgive (क्षमा गर्नु) people who make you feel bad.

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 Take care of your health and your body.

 Notice good things as they happen.

 Learn to work with your problems and your stress.