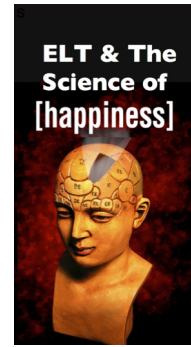


Hardwire Happiness



When you use the same brain circuits, they get stronger. In this lesson, you will think about a good experience several times.

Neurons (brain cells) that fire together, wire together.

1 Think of one experience to talk about:

A time you...



...felt excited & happy.



...felt relaxed & happy.



...knew someone loved you.



...were very, very happy.

2 Work with a partner. Talk about the experience.

Partner, **ask many questions.** This helps the speaker remember the time clearly.

Think Time: Speaker, pause (stop) to think before each answer. **Give long answers.**

Then change parts.

Who were you with?

When did this happen?

Where were you?

What did you do?

Who...?



When...?

When...?

Where...?

Why...?



How...?

Why were you there?

What did you say?

How did you feel?

What happened next?

3 Now change partners. Do this again. Ask and answer.

Inspired by *Hardwiring Happiness* by Rick Hanson. 2013 Harmony Books. Tasksheet © Marc Helgesen OK to copy. www.ELTandHappiness.com See the related "guided journey" listening activity at the website

Change partners at least 3 more times.

Language focus: past tenses, answering questions, discourse

Positive psychology focus: remembering good things, savoring