

# The science of happiness groupwork

Teacher, copy the sentences.

Cut the sentences apart.

Give one to each student.

② Do kind things.

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③ Say “thank you” to people who help you.

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④ Take time for your friends and family.

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⑤ Forgive (許す) people who hurt you.

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⑥ Take care of your health and your body.

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⑦ Notice good things as they happen.

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⑧ Learn to work with your problems and your stress.