

The science of happiness ⑦

Good things, right now

Happy people notice good things as they happen.

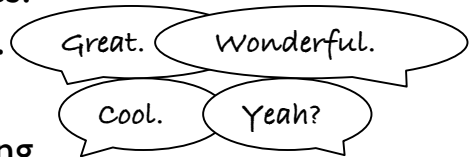
- ① What are three good things in your life right now?
Write them.

- _____
- _____
- _____

It is sunny today.
I'm meeting my friend after school.
I feel good today.

- ② Work with a partner. Read your sentences.

Listen to your partner. Make comments.



- ③ If there is time, change partners. Keep going.

*This week, notice 3 good things every day.
Why did they happen?
Notice how good you feel!*



Language focus: present simple and other tenses, describing current situations and plans
Positive psychology focus: Happy people notice good things as they happen.

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