

3 minutes for positivity



11/2021

Note to teachers: These are short positive psychology fluency exercises. They are designed to build gratitude (**g**), positive emotion (**pe**) and mindfulness (**m**). They are very short and, if you use them as a warm-up, get the lesson off to a good start. Also see the “**Take it deeper**” idea below for the gratitude and positive emotion topics.

- **Who loves you? (g•pe)** Work in pairs. Who loves you? It doesn't have to be romantic love. It could be your best friend. Your parents. Your pet. Anyone. When do you feel loved? Take 1 minute *Thinking Time*. Then tell your partner about it. Partner, ask questions. 1 minute each.
- **Who do you love? (g•pe)** Work in pairs. Who do you love? It doesn't have to be romantic love. It could be your best friend. Your parents. Your pet. Anyone. How do you show your love? Take 1 minute *Thinking Time*. Then tell your partner. Partner, ask questions. 1 minute each.
- **Something good this week. (pe)** Work in pairs. What is something good that happened or will happen this week? Take 1 minute *Thinking Time* – What will you say? How will you say it? Then tell your partner. Partner, ask questions. 1 minute each.
- **Deep breathing#1. (m)** Students, close your eyes. Breath out through your mouth. Then hold your breath. Then breath in through your nose. Then hold. Teacher: Lead them through this, counting slowly. Out 2-3-4-5-6. Hold 2-3-4-5. In 2-3-4. Hold 2-3-4-5. Continue for about 2 minutes.
- **Favorite food. (pe)** Work in pairs. What is a food you really, really enjoy? Take 1 minute *Thinking Time* – What makes it so good? What is it made of? When and where do you eat it? How will you explain it? Then tell your partner. Partner, ask questions. 1 minute each.
- **Sounds around us/Sound surrounds us. (m)** Work in groups of 2-3. Close your eyes. Sit up straight. Listen. What sounds do you hear? Do this for 1 minute. Then talk about what you heard. Teacher, announce the time after 1 minute.
- **Relax. (pe)** Work in pairs. How do you relax? Take 1 minute *Thinking Time* - When do you do this? Where? How often? Then tell your partner. Partner, ask questions. 1 minute each.
- **A really big smile. (m•pe)** Work in pairs. Close your eyes. Sit up straight. Make a really big smile on your face. Keep doing that for 1 minute. Notice your feelings. After a minute, talk to your partner. What did you feel?

• **I want to say “Thank you.” (g•pe)** Work in pairs. Who helped (or helps) you? Who do you want to say “thank you” to? Why? Take 1 minute *Thinking time*. Then tell your partner. Partner, ask questions. 1 minute each. Will you really say thank you?

• **A place you love to be. (m)** Work in pairs. What is a place you love? Close your eyes. Imagine the place for 1 minute. How will you describe the place? What is special? Then tell your partner. 1 minute each.

• **A good place to be alone. (pe)** Work in pairs. Where is a good place to be alone? Close your eyes. Take 1 minute of *Thinking time* – What does the place look like? When do you go there? Then tell your partner. Partner, ask questions. 1 minute each.

• **Deep breathing #2. (m)** Work alone. Close your eyes. Breath slowly. Out, in, out, in. Notice your breathing. Do this for about 2 minutes.

• **Thank you at school. (g•pe)** Work with a partner. Other than teachers, who helps you at school? Take 1 minute of *Think Time* – How do they help you? When? Do you want to say “Thank you” – Will you? Tell your partner. Partner, ask questions. 1 minute each. (Note – “other than teachers” because you know they care about you. And they know you care about them. But it IS nice to say “thank you” to them, too.

• **Smiling baby animals. (m)** Work in pairs. Take out your smartphone. Go to a search engine (images). Search for “smiling baby animals”. Show the ones you like to your partner. Talk about them.

• **Something nice you do. (pe)** Work in pairs. What is something nice you do for someone? Take 1 minute of *Think Time*. What do you do? For whom? How often. Do you want to do it more? Tell your partner. Partner, ask questions.

• **Laughing babies. (m)** Work in pairs. Take out your smartphone. Go to Youtube.com. Search for “laughing babies.” Watch the video together. Does it make you laugh? (Laughter is good for your body and your brain).

Take it deeper



Before the activity, have students write as many “question words” as they can. Of course, the “WH-words” (*who, what, were, etc.*) are good. They can also write other words like *is/are, do/did, can/could, etc.* When they are speaking, their partner asks as many questions as possible. They check (✓) the words they use. They are practicing “keeping the conversation going.” The questions help the first speaker remember the positive experience more deeply. These become “active constructive” questions.

See *Flourish* by Seligman (2011, p. 49) for more.



© 2022 ELTandHappiness.com
by Marc Helgesen, OK to copy.