

5 pictures: good things in my life.



- 1 What makes your life good?
What are 5 good things in your life.
They can be people, places, events or anything else.
Before next class, find or take pictures of them.
Bring them on your cell phone, camera or USB.
You will need to transfer them to your computer.
- 2 Next class: Make a short PowerPoint slideshow.
Each picture is one slide.
Add 1-3 words explaining each picture.



Think Time

What will you say about each picture?
Think of the WH-question for ideas.

- 3 Work with a partner. Show your slideshow.
Explain the pictures.
Partner, ask questions.
This will help the speaker
“re-experience” the good things.
Then change roles.



- 4 Change partners. Continue.

Adapted from a mindfulness/savoring activity by Jaime L. Kurtz and Sonja Lyubomirski in *Activities for Positive Psychology* by Jeffery J. Froh and Acacia C. Parks. 2012. American Psych. Assoc.

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