

The science of happiness groupwork

Teacher, copy the sentences. Cut the sentences apart. Give one to each student.

② Do kind things.

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

④ Take time for your friends and family.

⑤ Forgive* people who hurt you. (*forgive = *memaafkan, mengampuni*)

⑥ Take care of your health and your body.

⑦ Notice good things as they happen.

⑧ Learn to work with your problems and your stress.