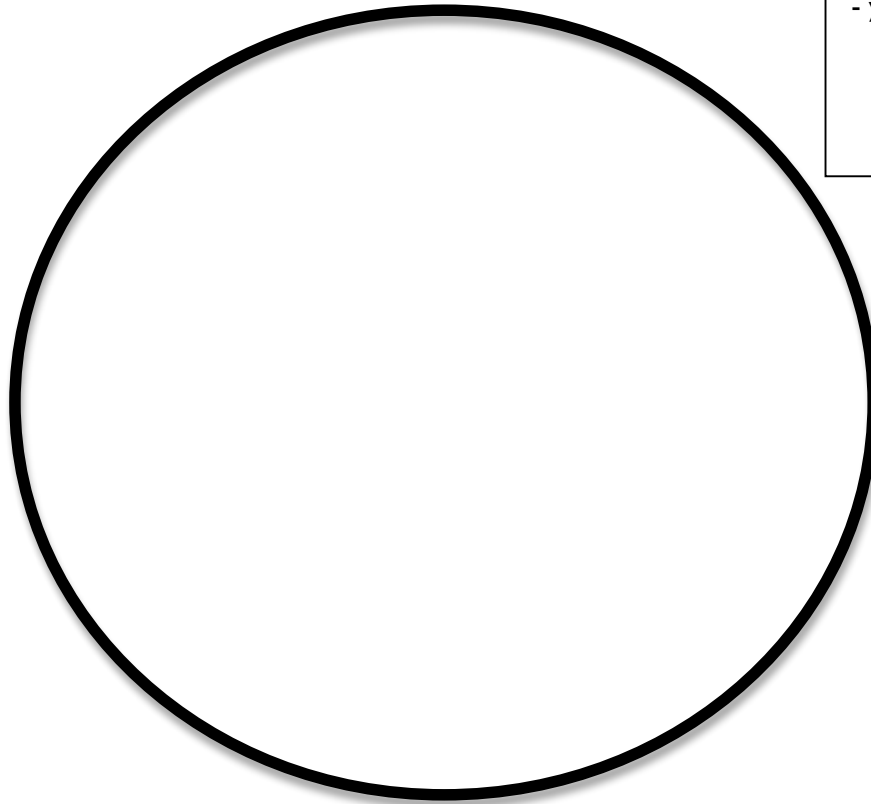


The science of happiness ① & ⑦

# I really appreciate...

“Appreciate” means “to notice and be thankful for something or someone.”

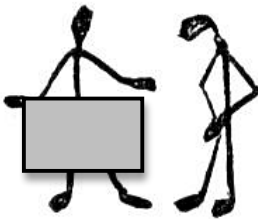
① Think of one thing you appreciate. Draw a simple picture.



**Ideas:**

- nature
- school/job
- your city or area
- your culture
- something someone did or said

Please draw quickly - 5 minutes or less.



② Stand up. Walk around.  
 Show your picture. Say at least five sentences.  
 Ask questions about your partner's picture.  
 Then change partners. Continue.

**Questions:**

- Can you tell me about this?
- What is this?
- Why do you appreciate it (them/ her/ him)?
- Where...? When...? Who...? What...? How...?

**Comments:**

- Tell me more.
- That's really nice.
- I think so, too.
- Thanks for telling me.
- Cool!
- Awesome!
- Sweet!
- Fantastic!



**Did you notice?** Thinking & talking about these good things lets you experience positive feelings again!

Language focus: explaining feelings, asking follow-up questions  
 Positive psychology focus: expressing gratitude, noticing good things, savoring positive feeling

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