

The science of happiness ① & ⑦

Positive words # 1



Happy people notice good things in their lives.

① These are “positive words”.

Read the words. Notice what you think of.

Choose 5 you will use today. Check () your words.

good

joy

nice

helpful

happy

love

smile

kind

great

fun

cool


sweet (sometimes means nice/cool)

enjoy

super

laugh

② Put away the paper. What are your 5 words? How many more do you remember?

③ Use these words today. When you do, circle () the words (or draw 😊).

Language focus: adjectives

Positive psychology focus: Happy people remember good things and notice good things as they happen.

This activity grew out of a conversation with Kris Bayne. Thanks Kris.

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