

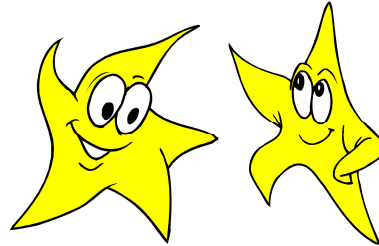
The science of happiness ① & ⑦

# Positive words # 2

Happy people notice good things in their lives.

① These are “positive words”.

Read the words. Do you know the meanings?  
You can use a dictionary or ask a friend.




Notice what you think of.

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

- wonderful**    **incredible**    **pleasant**
- excellent**    **delightful**    **peaceful**
- enjoyable**    **fabulous**    **fantastic**
- terrific**    **brilliant**    **amazing**
- awesome**    **marvelous**    **outstanding**

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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