



$$\text{☺} \times 3 + 3 + 3 \dots$$

### Scientists tell us:

Most people have about the **same number** of **good** and **bad** things happen.

- ☺ **Happy people** notice the **good** things.
- ☹ **Unhappy people** notice the **bad** things.

## This lesson is about noticing the good things.

① **Think of 3 good things** in your life. Write them.

**Examples:** It is sunny today.

Breakfast tasted wonderful today.

I am wearing a shirt I love.

I'm meeting a friend for dinner tonight.



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### Ideas

- friends      • family
- a pet        • food
- something you love doing
- something nice someone did
- something nice you did/will

② Work with a partner. **Read your sentences.**

**Partner, "shadow."** (repeat the **main ideas**.)

Then ask a question. Or make a comment.

Check (✓) the words you use.

- |                                   |                                   |  |
|-----------------------------------|-----------------------------------|--|
| <input type="checkbox"/> Who... ? | <input type="checkbox"/> Do...?   | <input type="checkbox"/> Cool!         |
| <input type="checkbox"/> What..?  | <input type="checkbox"/> Did...?  | <input type="checkbox"/> Sweet!        |
| <input type="checkbox"/> When..?  | <input type="checkbox"/> Are...?  | <input type="checkbox"/> That's great! |
| <input type="checkbox"/> Where..? | <input type="checkbox"/> Is...?   | <input type="checkbox"/> Really!       |
| <input type="checkbox"/> Why..?   | <input type="checkbox"/> Will...? | <input type="checkbox"/> Wonderful!    |
| <input type="checkbox"/> How..?   | <input type="checkbox"/> Were...? | <input type="checkbox"/> Nice!         |

*I'm meeting a friend for dinner.*

*Dinner? Nice. Where will you go?*



③ **Change partners. Do it again.**

- |                                   |                                   |  |
|-----------------------------------|-----------------------------------|--|
| <input type="checkbox"/> Who... ? | <input type="checkbox"/> Do...?   | <input type="checkbox"/> Cool!         |
| <input type="checkbox"/> What..?  | <input type="checkbox"/> Did...?  | <input type="checkbox"/> Sweet!        |
| <input type="checkbox"/> When..?  | <input type="checkbox"/> Are...?  | <input type="checkbox"/> That's great! |
| <input type="checkbox"/> Where..? | <input type="checkbox"/> Is...?   | <input type="checkbox"/> Really!       |
| <input type="checkbox"/> Why..?   | <input type="checkbox"/> Will...? | <input type="checkbox"/> Wonderful!    |
| <input type="checkbox"/> How..?   | <input type="checkbox"/> Were...? | <input type="checkbox"/> Nice!         |

### Finished?

Change partners.

Keep going.

Language focus: Past, present and future tenses  
 Positive psychology focus: Savoring, notice good things in one's life.  
 Science reference: Parducci, A. (1995) Happiness, Pleasure & Judgment.  
 Mahwah, NJ: Erlbaum

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