



The science of happiness ③

Someone special

Happy people take the time to say, "Thank you."

① Think of someone special in your life.

Ideas:

Your mom or dad.

A special teacher.

A friend.

Someone who helped you.

- Why are they special?
- What did they do?
- Why you want to say thank you.



I'm thinking of _____.

She was my basketball coach.

When?

In Junior High. She taught me to have confidence. Nice.

② Work with a partner. Tell about your special person.

Listen to your partner. Ask questions.



Language focus: past narrative, thanking

Positive psychology focus: Happy people express gratitude and remember good things in their lives.

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