



USE WITH:

Individual students, small group, or whole class



GRADE LEVEL:

Upper elementary, middle school, or high school



CONTEXT:

Remote friendly

CLASSROOM ACTIVITY

Notice the Good in Your Life

Help students focus on positive moments, experiences, and people.

Created by [Greater Good Science Center at UC Berkeley](#)

Description:

Students will record 3 good things that happened to them each day for a week—a practice that can help them generate more positive emotions.

Prep time needed:

10 minutes

Est. time to complete:

10 minutes

Steps:

1. Explain to students that they will be keeping a journal for a week in which they will record 3 good things that happened to them each day, along with an explanation of how they achieved or contributed to those good things.
2. Each day of the week, ask students to think about “3 good things that have happened to you today.”
3. If they are having trouble identifying positive experiences, you can offer the following prompts:
 - Think about when you helped a friend today.
 - Think about when you did something nice for someone or someone did something nice for you.
 - Think about when you tried your best at something today.
 - Think about something you did that made you feel really good about yourself.

- Think about a difficult situation that worked out well in the end.
 - Think about something that made you laugh.
4. Next, prompt students to explain how they helped to make the “good thing” happen. When possible, ask them to write down what they did in each instance that contributed to it. If necessary, you can prompt them as follows:
 - How did you do that?
 - How did you make that happen?
 - What did you do to make that happen?
 5. Students can either list all 3 good things first and then complete the explanation section, or complete one good thing followed by its explanation and repeat twice.
 6. If there is time, after students have written their three good things and their explanations in their journals, they can talk with a peer about one of the good things that happened to them. This will hopefully encourage them to focus on why the good thing happened and reinforce positive thinking.

Tips for Educators:

- This activity is currently outlined to take place daily. Alternatively, consider using it here and there to re-spark students' focus on the positives in their lives.
- Give options for how students can record their 3 positive experiences, such as answering questions verbally, writing answers on the paper, typing responses in a document, or drawing a picture.

Inspired by:

1. Carter, P. J., Hore, B., McGarrigle, L., Edwards, M., Doeg, G., Oakes, R., ... & Parkinson, J. A. (2018). Happy thoughts: Enhancing well-being in the classroom with a positive events diary. *The Journal of Positive Psychology, 13*(2), 110-121. <http://doi.org/10.1080/17439760.2016.1245770>